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No. 22. Vol. XVII.
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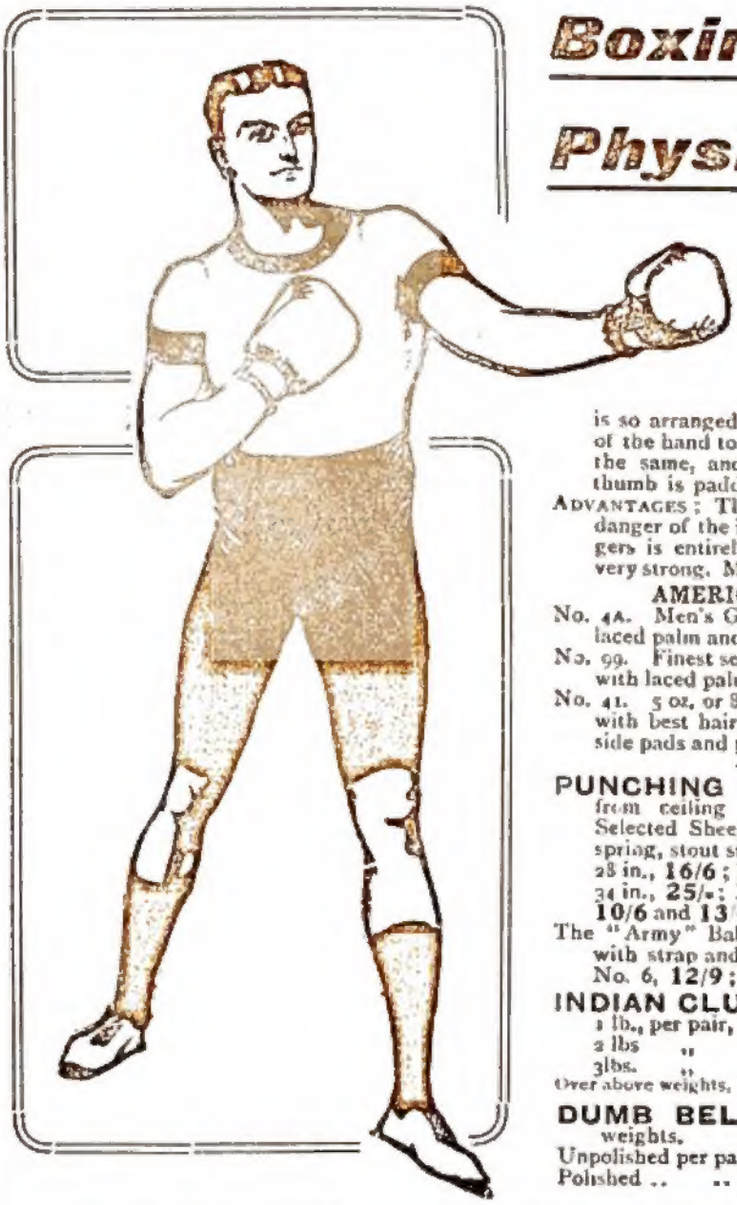

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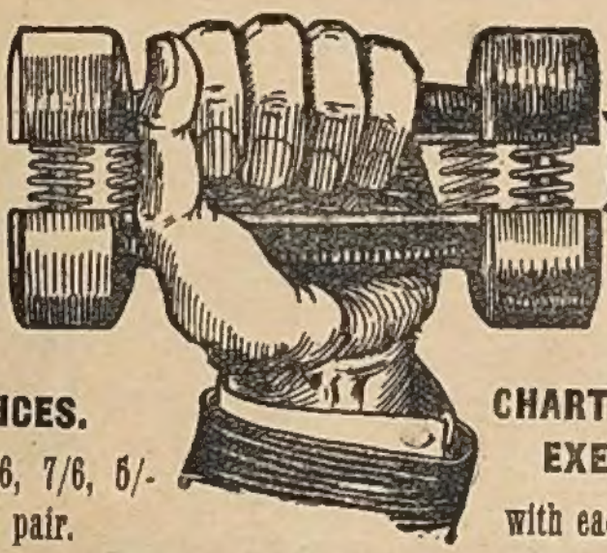

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(Est. 1898). VOL. XVII. No. 22. NOVEMBER 29, 1906.

SANDOW'S MAGAZINE

. . . OF . . .

PHYSICAL CULTURE

EDITOR: EUGEN SANDOW.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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NOTICE TO CONTRIBUTORS.—The Editor will at all times be glad to consider Articles, Stories, and Sketches, but in order to avoid waste of time, contributors would do well to submit suggestions for his approval before sending in their work. In no case can the Editor be responsible for the safety of unsolicited sketches and literary matter, but where stamps are enclosed he will do his best to secure their return if unsuitable.

NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

"THE only persons saved were those who could swim." This is the expressive sentence that concludes a Reuter's telegram to the daily press describing a collision between the steamer "Jennie" and the steamer "Dix," as a result of which forty-one lives were lost. Surely no stronger argument in favour of the compulsory teaching of swimming in all schools could be produced than this. Apart altogether from the physical benefits to be derived from swimming as an exercise, it is surely not too much to ask that in an insular country as England every boy and girl should be taught the art of natation. Thousands of lives would be saved annually if this course were adopted.

I READ in a contemporary the other day that quite a small minority of the men and boys who go down to the North Sea in ships are acquainted with the art of swimming. The announcement seems almost incredulous. Just fancy those who have to earn their living by trawling in the most treacherous part of the sea-world, men and boys whose every day work compels them to take the most awful chances, adding to the inevitable risks of their rough life in this way. Their indifference in a matter so preventable savours almost of Oriental fatalism, and it would be very interesting to know just how many of those drowned annually in the North Sea were unable to float and swim.

SURELY it is a matter for State interference and regulation. Every person who earns his living on the sea in any capacity should be called upon to prove his ability to swim, and, in fact, I would go so far as to say that a course of instruction in natation should be a part of the education of every citizen. In New Zealand, swimming is taught in the majority of schools, and the proportion of swimmers to non-swimmers among the population is very great.

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In conversation with a yachting friend who knows fishermen and their ways, I learned that there is a kind of unwritten sailor law against swimming. And why, forsooth? First, because it is held that the death of the swimmer is a so much harder death, and, secondly, because the ability to swim is supposed to make a man less careful and efficient as a sailor or fisherman. Extraordinary objections, are they not? ———

What is the matter with Kidderminster? Surely the men of the carpet city are not so indifferent to their bodily and mental welfare as to ignore physical culture. Yet the following correspondence would make it appear so. "L.A.W.," who signs himself "A physical culturist for thirty years," writes to the editor of the *Kidderminster Shuttle* as follows:—

"Having just removed down here from Leeds, where physical exercise and development are thought a great deal of and form part of the recreation and study of all classes of society—as the people of that district are fully aware of the many benefits to be derived from it—I am greatly surprised upon inquiry to find that there is no physical culture school in this district. Ordinary gymnasiums are of no benefit to a man over forty, who only requires a course of steady and systematic exercises, and I feel sure that if only some enterprising person would start such a school or club this winter they would undoubtedly find it a paying investment."

———

To this another correspondent replies that physical culture is "a very dead letter" in Kidderminster.

"I started," he says, "a physical culture school myself, in large and convenient premises about three years ago, fitted it up with all Sandow's appliances, boxing gloves, foils, punch-balls, dumb-bells, chest developers, springs for weight lifting, sponge baths, etc., charged a very moderate fee, and gave individual attention and instruction nightly, but am grieved to say that the inhabitants of Kidderminster did not require the advantage of such a place, and as it was very poorly patronised, I was obliged to close it after a short life of two years.

"'L A W.' will therefore see that the reason we have not got a physical culture school here is not that we have never had an enterprising person to start one, but that the men and youths of Kidderminster prefer to spend their spare time in less manly and energetic pursuits, to the detriment of themselves and future generations.'

This is a truly regrettable state of affairs, and I hope the publication of the above letters will do good.

Now, just to see how some of my readers may have profited by the Physical Culture instruction imparted in this magazine, I will ask as many as possible to send in critical letters on the following paragraph, sent to me by a reader with the request that I publish my opinion thereon. Well, I will do so later, but meantime I would like to receive and publish some of my readers' opinions. The senders of all published "opinions" who are not already Readers' Club Fellowship Medallists, will be elected to Fellowship honours—with medal, of course. Here is the paragraph:

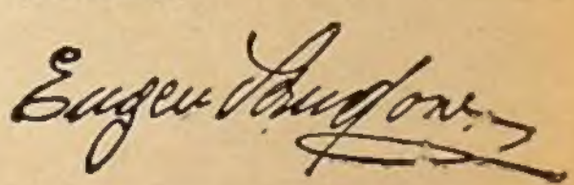
SLEEPING WITH A PILLOW.

A PROMINENT French scientist, M. Feret, recently read a paper before the French Society of Hygiene, in which he advanced the idea that sleeping with a pillow under the head is a distinctly harmful habit. M. Feret remarks that the abnormal position of the head and neck thus induced impedes the circulation of the blood and causes injurious pressure upon the nerves situated in the neck and upper part of the thorax. The fact that the displacement of the head and neck forward during sleep tends to be maintained during the waking hours, and thus helps to produce that abnormal carriage which is so usual and which is so prolific a cause of disease and weakness among so called civilised races seems to have been overlooked by the distinguished Frenchman.

Sleeping with a pillow under the head is an injurious habit for many reasons. The proper position for sleep is to rest on the front of the body with the face turned to one side. In this position respiration and circulation are unimpeded. In this position only is complete muscular relaxation possible, and in this position the pillow will not be desired even by those accustomed to its use.

———

I omitted to state that the young lady whose photo appeared on the cover of issue dated November 15th was Miss Allworthy, of Leeds, a pupil of Mr. Chas. Hutchinson, of the same city. She trained on the Sandow system for about six months, and the results have been truly wonderful. From a serious illness she had a short time previous to commencing systematic exercise, and which left her in a very weak condition, she has made herself to-day a young woman much above the average in strength. She can raise 90 lbs. overhead with two hands.



WHEN TO EXERCISE.

By John Ward Stewart.

THIS is a question that appears to claim uppermost place in the problems of the physical culture world.

Some prefer the morning because they feel too tired in the evening, whilst *vice versâ* bears a remarkably consoling property. Personally I am always tired. I would rather lie in bed in the morning until the streets were well aired, whilst in the evening I can always find a substitute of business fatigue, or some such disposition. I suppose really the feeling is a universal one. I am told that early rising is a great and important factor to health, yet until I am up and dressed I cannot conscientiously reciprocate the idea. "Early to bed and early to rise, makes a man healthy, wealthy and wise." Well, in these days of conventional advantages one hardly feels inclined to take refuge between a pair of sheets too early. You may have done a hard day's work, but still you will insist that you cannot sleep, you are not tired enough.

This brings me to my point. "When shall I exercise?" you ask yourself. In the morning you feel too tired, in the evening your feelings have scarcely improved. This arises from a lack of knowledge concerning your actual feelings. You say you are tired; yet more often than not you are only weary. It is possible to have that weary indisposed feeling, whilst really you are far from being fatigued. In fact it often follows that you are weary merely because you are not tired. Whether your activity be mental or muscular the brain is affected. If your muscular life is inert then it may follow that from that sole cause your nerves become sluggish and you contract weariness. Then again, if your brain has worked hard all day, your muscles may become so relaxed that you feel absolutely powerless.

Then in games for instance where the practice entails both a definite muscular and mental contraction, the effect is one that takes a divided path. In the morning you perhaps play well, and in the afternoon you show a remarkable falling off. You wonder why this is. You feel active and refreshed by your lunch, yet your form has relaxed. Before the interval you felt weary and were only too pleased to welcome the exchange, yet now refreshed by the rest you are out of form. Why is it? In the forenoon you were beginning to exhibit true signs of fatigue, yet you were working as a machine, and the exhausted product of your double action only barricaded you from that tired feeling. You felt weary but fatigue had not set in. Now, however, it is *vice versâ*. Muscular action gives rise to waste products which attack the nerves, and for the time being tends to stipulate the action being carried on.

This enables us to readily understand the failure of a cricketer's play in the afternoon after a good day's work, and the inability of the school-boy to work well after hard exertion.

So it is evident that after a hard day's brain work it is incredulous to expect a muscular equality. Have you after a day in the office ever sat down to write a letter, and after completion been wise (or unwise) enough to peruse it and found that many words have been spelt wrongly. Sometimes you really haven't, but yet the appearance seems peculiar. This is the fault of visualising.

This leads us to the question whether change of work is really a means of preventing mental fatigue. This is generally upheld, and forms a strong conviction of physical culture. As it is evident that mental fatigue may ensue, without the slightest physical exertion, this point bears remarkable evidence. A man employed in an office all day knows only too well the benefits obtain-

able from his daily swing with bells, but very many muscular toilers foster a belief to the contrary. With the latter the muscular field has been in activity all day long and towards the evening there creeps over a feeling of weariness that is contraband to either mental or physical continuation. They cannot read with interest, nor think of picking up the bells. Their weariness is true fatigue, but there is a remedy. Their duties throughout the day make practise of only a certain set of muscles which give rise to exertion in that particular series, but which, however, produce the same depressing effect in the brain. No kind of sport or work can entail the use of all the muscles in the body, as is often believed, but however few are their number the waste product works its havoc upon the brain. Now, if only at the completion of the day's work a system of physical culture were devised which would bring into action as few of the prevalent muscles exercised by the day's work and as many of the latent ones, the result would be astonishing. A counteraction would be set up which would relieve the brain of its overburden, and which at the same time would relieve the other muscles of their stiffness.

But when should you exercise? Decidedly when you feel most fit. Some prefer the morning, others the afternoon and many the evening. Yet there are many who, like myself, might if they wished, always feel indisposed. Therefore it is very difficult to lay down a rule to suit and please always, but one thing that affects all classes is never to exercise within about two hours of a meal.

Then there are many who, were they to exercise at night could not find sleep afterwards, many are just the reverse. The safest guide is to please yourself.

If you are open to any time in the day, and the results are the same, then you should fix the most beneficial hour. For instance, supposing you are a clerk, then in view of the ensuing mental strain the morning is the most suitable time. It enlivens your nerves for the day's contention, whilst at the same time it is possible to obtain far better results than after a hard day's mental strain. In the evening please yourself, play or do whatever you please, but the morning is your preferable time for the bells.

Then if you are a mechanic or a similar muscular adherent your most suitable time would probably be in the evening. Your muscular system has partially been run down to fatigue and so as I have just mentioned, were you to carry out a series of exercises that would bring into action the disused muscles, the result would be a general recuperation. The waste products resulting from your physical inertia would immediately become reduced or eradicated.

These are laws feasible from a scientific point of view, but ones which should not be too sternly adhered to. If you cannot sleep after exercise do not exercise in the evening; if, however, exercise fosters sleep then do not let these simple rules present a barrier. For those, however, who find no objection, these will tend to answer a question that hovers over the path of enthusiasts both young and old.

FEEDING THE BRAIN.

A HEALTHY brain and an intellectual brain are not synonymous. One may be perfectly well, and at the same time perfectly stupid; a fool may eat like a lower animal, while the giant philosopher barely keeps himself alive. While food is essential to thought, yet the force of food is not converted into thought-force. Good thinkers, like good athletes, are usually liberal feeders, but thousands who eat as much or more have very little intellect or muscle. The effect of a diet largely of fish seems to be sedative, calmative, like that of bromide of potassium, or phosphorus, or electricity—like those remedies, producing dulness rather than intellectuality, and inducing a disposition to sleep more than to think; not accelerating, but slowing down, the wheels of the mind, and therefore excellent and adapted for the nervous, and overworked, and over-worried.

NOTWITHSTANDING the so-called "progress of medicine," we find that disorders are steadily growing more and more subtle and complex. Specialists multiply, and each finds just what he looks for. Not only are M.D.s increasing in number in much greater proportion than the population, but diseases and remedies are also being multiplied.

PHYSICAL EXERCISES FOR WOMEN.

The Attainment of Normal Weight.

By J. V. GILLAM.

THERE has never before been a time when so many women of culture and refinement were working to improve their general physical development as now, and no request is so commonly made as for work which will take off or add on flesh. To the beginner it will seem very strange that the same exercises which reduce the weight of one too stout are given also to women who desire to increase in weight. Yet when one thinks about it this same paradox breeds confidence in the system by indicating that it is calculated to correct whatever defects exist whether they tend toward lack or superabundance of flesh. Such a system tends to build up a normal body, whether the defect be on one side of the line or the other, and it is the one employed by leading teachers—and especially by Professor Anthony Barker. The exercises given here have been chosen to meet these peculiar demands of twentieth century womanhood, and are calculated to give the student normal weight.

The reason for the simplicity of any system of physical training is evident to one who understands the physiology of a muscle. Such an one knows that the exercise of any part of the body, say the arm, will, if that arm has a superfluity of fatty matter, remove such matter. Likewise, if the arm is thin and the muscles undeveloped, the same work will build them up. The former process is a much more rapid one than the latter. The beginner is likely to be very greatly surprised at the facility with which weight may be reduced. The average untrained woman of medium size will find no trouble in lowering her weight two or three pounds in less than half an hour by merely dressing rather warmly and going through rapid exercise. On the other hand it takes sometimes weeks to produce a very decided gain. The results of training vary greatly, however, with different individuals; in general the younger the woman the more rapid will be the results of work upon an underdeveloped muscle.

Since exercise tends to produce normal proportions in any muscle it is evident that a woman desiring either to reduce or add weight must make use of such exercises as will bring into play as nearly as possible all the muscles of the body. The work here suggested is calculated, therefore, to reach such portions of the body as are usually most troubled with overstoutness and which are likewise in many persons the ones that most need building up. They require no apparatus save in one instance a stick. For this a broom handle or walking stick will serve. Those performed while in a standing position are best done before a mirror so that, by watching herself, the pupil may correct any tendency to awkwardness or half-hearted endeavour. If the woman desires to reduce flesh it is better to take the exercises as rapidly as possible and with rather more clothing on than would be advisable in the case of one who is not over-fleshy.

(1). Take a walking cane or other stick three feet or more in length and grasp it with both hands, the palms in front. Raise the arms above and back of the head. Bend them at the elbows and lower the stick until it rests across the shoulders. From this position raise the stick slowly until it is held at arm's length above the head, at the same time breathing in until the lungs are ex-

panded to their fullest capacity. Now lower the stick to its former position, holding the breath until the stick touches the shoulders then exhausting the lungs. Repeat this till the arms are tired.

The effects of this exercise are felt at once. To stand with the stick grasped as in the starting position throws the shoulders back and brings the chest to the front. Both the shoulder and chest muscles are, therefore, brought into use while the lowering of the arms when the lungs are full forces the air into unused lung cells and develops new power of expansion. This exercise is particularly good for women who feel the need of chest and bust development and tends in the case of the fleshy person to reduce the shoulders and upper arms to normal proportions.

(2). Stand with the feet together. Step forward with the right foot and strike out with the left arm as though striking at an adversary. The difficulty with this exercise is to give the proper movement to the chest and shoulder. The tendency is merely to push forward the arm. In addition to moving the arm forward the chest should be turned part way round from right to left and the right shoulder extended as far as possible. The value of the movement is that it takes in the muscles of chest, arm and shoulder while at the same time the abdominal muscles receive a share of the good. The striking-out movement should not be so swift as to strain the muscles, as happens when one strikes heavily and misses a punching-bag, but rather slow. From the forward position the chest and shoulder should be brought back to the normal position and the movement repeated and reversed.

(3). Extend the arms at the sides. Bend (twist) to the right until the hand touches the leg. Straighten up and bend to the left until the hand touches the other leg. This brings into play the side muscles of both chest and abdomen. This movement may be varied with very good results by bending to one side, and then, instead of straightening up to the first position, bending around backward to the left, and forward to the right letting the head move in a circle, the spine working as though it were a spring attached at the hips and capable of being bent and moved round and round the point of attachment; the body being bent with a twisting movement.

(4). This is one of the best possible exercises in the list prescribed for women. As it strengthens the muscles about the organs which are peculiarly feminine, drives away any tendency to fattiness about the stomach and loosens up the organs which too often have been compressed by tight lacing into unnatural relationships. Stand in the normal position and kick up with the knee. The difficulty discovered will lie in the tendency merely to kick with the foot as one does when desirous of knocking an old hat off the walk. To overcome this imagine that the leg ends with the knee and with the knee kick as high as possible. A rule often given to backward beginners is to try to kick the chest with the knee. It will be immediately noticeable that this brings into use the pelvic muscles, loosens the hips and has a tendency to raise from their abnormal place on the pelvis the organs which have been forced out of their natural position by such evils of dress as feminine flesh is heir to.

(5). Stand in normal position. Bend the elbows and wrists so as to let the fingers rest upon the shoulder blades. the arms forming, as it were, two circular loops above each shoulder. From this position straighten the right arm out diagonally in front and as it reaches its utmost limit extend the shoulder as though you were trying to touch some object just out of reach. Return to first position and do the same with the left arm. This exercise tends to help the shoulders by affecting many muscles that do not come into play ordinarily, yet have much to do with the beauty of a shoulder's formation and the gracefulness of its action. Its results will be seen in the removing of superfluous flesh and the filling up of hollows where the shoulders are not normally developed.

(6). Standing normally with the feet close together, bend the knee of the left leg so as to remove all weight from it, throwing the entire weight of the body upon the right. Allow the right hip to

follow its natural tendency, which is to fall outward and back until the position is the ugly one of a careless schoolboy who finds a lazy attitude more restful than the proper one with the weight on both feet. It will be noticed that the outer edge of the hip joint has opened much as though it were about to be unjointed. From this position return to the normal and removing the weight from the right leg throw it in the same manner upon the left. Change from one position to the other as rapidly as is comfortable. There will be a decided feeling of strain at first, showing that muscles about the hips which have been neglected are being brought into action and given new strength.

(7). Stand erect with feet close together. Close the fists and bend the arms at the elbows. Now bring the arms forward holding the forearms perpendicular to each other and to the trunk. Let the shoulders come forward until the elbows touch each other and the forearms lie side by side. Now, without bending the elbows, move the arms quickly backward and outward, throwing the shoulders back as far as possible. Repeat until the muscles of the chest, breasts and shoulders begin to feel the effects. Aside from its advantage as a regulator of flesh this exercise tends to straighten the shoulders and give a more erect carriage.

(8). This is a rather complicated exercise, bringing into play the muscles of legs, back, arms and shoulders. From normal standing position rise to the tip toes, throw the arms upward and backward and bend forward from the hips as far as possible, then back to first position. Besides working the muscles mentioned above this exercise expands the chest and loosens the abdominal organs and should be done slowly at first.

In all these exercises the student of physical culture must bear in mind that for the woman who is really in need of a certain exercise that exercise will at first be difficult, for the reason that the muscles which it brings into play have grown weak from disuse. But little by little they yield to the will until a bit of work which at first seemed impossible becomes easy and pleasant. This is specially true of such exercises as involve abdominal and pelvic muscles, and no doubt this is the very reason why those muscles are most likely to be underdeveloped or covered with useless fatty tissue. But there are no exercises of greater importance, especially for women who expect sooner or later to become mothers, for thus the organs which will bear the strain of motherhood are freed from useless tissue and strengthened in a way that makes the ordeal less liable to dangerous complications.

One thing to be guarded against is over exertion during the first stages of physical training. Overwork strains and leads to bad results. At the same time one must not allow fear of overwork to lead to lack of system or frequent intermissions in the exercises. Do a little work and do it *regularly*. The stiffness which is sure to follow the first exercise is not serious and does not indicate overwork. Stopping exercise for a few days to allow it to go away only insures another similar attack. Disregard it and go on with the work. The stiffness will disappear even sooner than if the muscles were given entire rest and will not return so long as the work is continued. A tepid bath turning to cold as the pupil can stand comfortably, should follow the exercise, which is best taken in the morning on arising.

"Death In the Pot."

A BOOKLET has lately been published by Dr. L. E. Landone, Chicago, written in simple form showing the different chemical combinations and decoctions that are placed on the market in America, and which form the everyday food of the community at large. In this work it is clearly demonstrated, says W. G. Logan, that bread, butter, milk, lard, tea, coffee, chocolate, confectionery, jellies, jams, honey, olive oil, fruit, and other syrups, molasses, spices, mustard, pepper, sauces, gluten, and other flours, hams, bacons, sausages, canned meats, preserved meat, and fish, are in no single case free from adulterations—and poisonous adulterations, too—while in many cases the article set forth under a certain name is simply a combination of chemicals, poisonous and otherwise, with other

things mixed in, while there is a complete absence of the real thing. For instance, "Strawberry Jam," composed of glucose, apple pulp, fuchsen, sulphuric acid, sodium, benzoate, grass seed, and other flavours artificially produced.

"LARD"

consisting of cottonseed oil and beef stearins. When, however, any of the article claimed to be used is present, it is mixed up with so many foreign substances which are highly injurious to the system, if not downright poisonous, that it is present in but very small percentage, and so we are all the time feeding on refuse stuff and deleterious ingredients. Instead of partaking of what Nature has provided as food to develop, nourish, strengthen, and preserve the body, we are feeding on drugs and chemicals, day by day, year in and year out. Our diet in a great measure consists of alum, arsenic, benzoic acid, borax, soda, castor oil, chalk and lime creosote, ergot, formaldehyde, glycerine, gum arabic, saltpetre, paraffin, sulphuric acid, red ochre, coal tar dyes, starch paste, glucose, bone ash, and many other chemical and injurious ingredients.

Is it any wonder, therefore, that we are diseased and full of ailments, that doctors are besieged with patients, that we use spectacles, and wear false teeth, that our hair loses its gloss and falls out? Is it any wonder that we suffer from sleeplessness and dyspepsia, and are nervous wrecks, that we smoke and drink and have abnormal appetites and passions, that we get wrinkled and old, and die off before our time?

WHY MUST WE LIVE

on canned goods and preserved meats, from which the true food elements have long since departed; and which are made pleasant to the eye and palatable to the taste by manipulations which are horrifying and disgusting to hear of, and render them poisonous to partake of?

Is this the trend of so-called civilisation, to kill us off by slow degrees through our food supply? It does seem strange that the highest advance we can make in the direction of refined eating and drinking is the compounding of all kinds of substances unfit for human food into such deceptive forms—for the public to feed on to their undoing and destruction.

What, then, is the motive power which lies behind all this manipulation of food stuffs? Why can we never sell the real thing under its name? For the one reason that we make more money out of the imitation. The article may be cheap, but the adulterations of it make it cheaper still, and so we go on adulterating. Can we never go back to simple and wholesome food? Is it impossible? We despise the heathen Chinese for feeding on pigs' snouts and rice, but what are we feeding on? Is our strawberry jam compound a more delicate thing? Are our boneless hams, which are casings stuffed with odds and ends of pork, more toothsome?

IT SEEMS STRANGE

that people should live in beautiful houses, filled with fine works of art, and dress themselves with care and taste in goodly raiment, and yet take no heed not to put into their stomachs the vilest compositions, the manufacturing of which is a sickening revelation.

We must buy what is put on the market or go without, and as it is not pleasant to starve to death, we buy and eat knowing all the while that there is "death in the pot."

It does seem time that the public were aroused to demand that a stop be put to this criminal course of food adulteration, and that we should at least have the choice to procure it pure, should we so desire it, instead of being forced to live on deleterious compounds against our will.

PEOPLE have faith in drugs all the world over in exact ratio of their ignorance of their nature and *modus operandi*. If it were generally known that all the sarsaparillas, tonic pills and bitters, invigorating cordials, purifying syrups, life balsalms, blood foods, nerve strengtheners and matchless sanatives of the world, which are running down the throats of the credulous and unthinking multitude, as the rivers run down to the sea, owed all their potency to charm, their virtue to cure, and their ability to delude to some combination of stimulants and narcotics and mainly to alcohol, opium, sugar, etc., they would no more think of seeking a remedy for disease in any of these quack nostrums than they would think of going to a grog shop for a panacea for all the ills that flesh is heir to.

RECORD BREAKERS AND THEIR PHYSIQUE.

The amateur athletes whose performances stand as the best on record in the annals of track and field sports—their physical characteristics and their most famous feats—from an American point of view.

NATURE seems to give her fancy free play in the making of record breaking athletes. She selects no type, sets no standard, adopts no rule, but seems to stop for a moment and endow the human atom at hand with some peculiar faculty that makes him great among men in tests of courage, strength, speed, and endurance.

The most learned student of anatomy cannot select his ideal from a group of men and say, "This one has most speed, or most endurance, or most strength," with much hope of having his judgment verified. Sometimes the man he would choose last will prove to be the best. Even the wisest and most experienced trainers would have little better success. Champions and record breaking athletes are not discovered. They fight their way to the top, some with one brilliant rush, others after years of hard, hard work.

THE SECRET OF ATHLETIC PROWESS.

To put it briefly, the secret of an athlete's success does not lie in his length of limb, depth of chest, or muscular development, but in his nervous control over his body. The man who can concentrate into a supreme effort every thrill of vital force he possesses is the one who will shine above his fellows, and set a mark for the next generation to reach for.

Those who have made themselves famous on track and field are a curiously mixed lot. They come from all walks in life, differing in birth and vocation as much as they differ physically and mentally. Clergymen and bookmakers, millionaires and stablemen, doctors of philosophy and district messenger boys, army officers and privates, bankers and day labourers, all these have raced and broken one another's records. Some pursue athletics for amusement, excitement, and glory; some for their health. Of the latter there are many remarkable examples.

When W. Byrd Page was a child, his limbs were so weak that he was almost a cripple. It was thought that he must die. When he could be made to understand the necessity of it, he took up outdoor sports. Working carefully for years, he began to build himself up, and with a good foundation of health, he turned all his effort to strengthening his legs, selecting high jumping as the exercise most likely to help him. By the time he entered the University of Pennsylvania he had reduced jumping to a science. In running at the bar, each of his strides measured just so many inches, and, after leaping, he had wonderful control of his body while he was flying unsupported in space. He won many championships, American, Canadian, English, and inter-collegiate. Before he retired, he startled the world by jumping six feet four inches. Paige, who was only five feet six inches tall, was so sure a jumper that, wearing street costume and smooth soled shoes, he often amused himself by leaping over a team of standing horses; or he would come shooting over a startled friend's head.

John Owens, junr., after returning from Paris very much run down in health, was advised to try outdoor sports.

He was then twenty-eight years old, an age at which most athletes have retired; but he took up sprinting. In a little more than a year he won the championship of America and ran a hundred yards in nine seconds and four-fifths, breaking the ten second record, which for many years had been regarded as the limit of human speed. Owens was short, blond, slender, and a bundle of nerves.

Hugh H. Baxter, of the New York Athletic Club, was another great athlete brought out in the search for health. Handicapped in many ways, he developed himself into as fine a specimen of physical construction as there is in New York. While not confining himself to it, he selected pole vaulting as his specialty. He was a slow runner, and his eyes were so weak that he could not see the "take off" for his leap, or the bar above him, unless it was made conspicuous by white paint or a handkerchief. But by constant training on field and in gymnasium, he, like Paige, reduced his jumping to a science, won many championships, and established world's records which stood for years. Baxter was very keen in his pursuit of sport, and never happier than when in competition. If big game was not at hand, he would go "pot hunting," and sail up the Sound or Hudson River in his yacht to compete in open picnic games at hurdling, jumping, and weight throwing. In his big collection of trophies there are none he values more than those he won at picnics.

AMERICA'S ADVANCE IN ATHLETICS.

The supremacy of American amateur athletes is remarkable, says Thos. I. Lee in *Munsey's Magazine*, because we did not begin to follow track and field sports with any organished plan or fixed standards until about thirty years ago, when William B. Curtis—known as "Father Bill," and truly the parent of American athletics—Henry E. Buermeyer, and a few kindred spirits organised the New York Athletic Club. At first their races were run on open lots, sidewalks, or long planked piers. The man with a specialty was not so much a hero then as one who was strong at many games. At one time Curtis was champion sprinter, jumper, sculler, hammer thrower, and weight lifter. Buermeyer was champion sprinter, walker, and heavy weight boxer. A favourite match was to row, run, swim, and jump against one another. Until yearly championship competitions were established, the recognised holder of a title could be challenged at any time, and he must defend it or retire.

The New York Athletic Club grew, built a track, and leased a house. Its influence soon spread all over the country, and from this small beginning American athletes made such rapid progress that for the last decade they have set standards for the world.

Of all the runners the world has known, Lawrence (Lon) E. Myers, of New York, was perhaps the most famous. Time and again he defeated the men called fastest in America, England, Australia, and Canada. At one time he held all records from fifty yards to a thousand; and without question he was the best man for distances from a quarter to a half mile that ever put on a running shoe. In build Myers was a freak. Of medium height and very slender, with long legs all out of proportion to his upper body, thin and sallow faced, he looked anything but an athlete. Stripped ready to race, he was a powerful pair of legs carrying a small trunk of concentrated nerve force, topped off with a wise, quick thinking head. He ran like a machine, with a big, bounding space eating stride that lengthened and quickened without apparent effort. His judgment of pace was astonishing, and he won many wagers by running four hundred and forty yards in exactly the number of seconds he chose.

What Myers could have done had he trained properly will always be a problem; for when in his prime, he never took care of himself. He played poker all one night, and without sleep, rest, or food, except two apples and a cup of coffee, he went forth and broke a world's record. During his career as an amateur, Myers won fourteen American championships, ten Canadian championships, and three championships of England. In 1887 he turned professional, largely because he wanted to meet W. G. George, the great English mile runner. He died two years ago, at the age of forty-one. His times for six

hundred and sixty, eight hundred, and a thousand yards have never been surpassed. Many more of his records stood until within the last three or four years, when some phenomenal runners have developed.

THE MEN WHO BROKE MYERS' RECORDS.

Maxwell W. Long, the Columbia University student, who broke Myers' quarter mile record in a race at Travers Island last year, and subsequently ran the distance in forty-seven seconds on a straight track, is Myers' peer up to that distance, but there he stops. Long has won championships in America, Canada, England, and at the international games in Paris last year. He is a powerfully built, awkward runner, and very game in a punishing finish. He has been beaten by men whom he outclassed, because he sometimes runs when not in condition.

Charles H. Kilpatrick, of Union College, is the greatest half miler since Myers. He made the present record in 1895, at the match between the New York Athletic Club and the London Athletic Club, on Manhattan Field, running eight hundred and eighty yards in one minute, fifty-three seconds and two-fifths. While Kilpatrick could run a very fast quarter and a very fast mile, he was at his best in a half mile race; that was just his distance. He is tall, long of leg, well built, but with no extra weight to carry.

Two other notable middle distance men in the last decade were Walter C. Dohm, of Princeton, and Walter C. Downs, of Harvard, old intercollegiate rivals. They were closely matched at a quarter and at half a mile, and the competition between them was very keen until they joined the New York Athletic Club and agreed not to oppose each other. Dohm took the half mile as his distance, and was the first to break Meyers' record. Both men successfully defended their titles until they retired to become newspaper men. Dohm worked himself into an early grave—too many of the champion athletes have proved to be short lived—while Downs is now a successful business man in Brazil.

Thomas E. Burke, of Havard, the intercollegiate, American, and Canadian quarter mile champion of '96, broke Myers' record for five hundred and six hundred yards. Burke's time still stands untouched. He was of the very tall, thin type, a lazy trainer, and a cigarette smoker—facts that made his phenomenal qualities of speed and endurance all the more remarkable.

THE HUNDRED YARDS RECORD.

Sprinters and their records have been the source of many heated arguments. It is so very easy to make a mistake of an inch or two in a desperate championship finish, with four or five men struggling practically in the same line. And even the most accurate chronometer in a veteran timer's hands will sometimes act queerly. Luther Cary, a Princeton University divinity student, caused no end of trouble in his day. He had startling speed, and won inter-collegiate, American, Canadian, and English championships. He was a sure ten second man for a hundred yards, and at the climax of his speed could shave nine and four fifths, although in 1890, John Owens beat him in that time. At frequent intervals the athletic world was startled by reports from Princeton or elsewhere that Cary had run a hundred yards in nine seconds and three quarters, then nine and a half, and even as fast as nine and two fifths. Although affidavits sometimes accompanied claims for these marvellous records, they were not accepted.

An example of their value was given at a carnival of sports held on Manhattan Field, in New York. Cary was scratch man in the hundred yards handicap. In his trial heat he won by a wide margin, galloping over the field in his peculiar awkward but very effective style. After consultation, the time was announced as nine seconds and two fifths. A ripple of surprise, succeeded by a roar of applause, swept over the field. I was on the yard and a half mark, and won my trial heat in ten seconds and one fifth. In the final heat, determined not to be made ridiculous if I could help it, I "ran myself blind." To my utter surprise, when I gathered my senses, I found that I had beaten Cary by more that a yard. The time was ten seconds. Cary's nine and two fifths record was not claimed. It must have been a mistake.

Scarcely a year passes without a new sprinting phenomenon flashing over the world of sport like a brilliant comet. Unheard of men appear in the spring, sweep everything before them for a season, win the championship, do ten seconds or nine and four fifths—and retire into oblivion. Another class of men achieve an equally brief success only after years of hard work. For instance, I ran for seven seasons, and did not reach a final heat in the national championship. I did not give it up because each year I thought I was improving, and it was a sure and pleasant method of accumulating a summer tan. In 1894, the New York Athletic Club, of which I was a member, engaged "Mike" Murphy as coach. In three months' time this wizard of trainers made me run the hundred in ten seconds, and win the American and Canadian championships. Next spring Wefers appeared, beat me, and I retired.

Eight years' work to win a prize in ten seconds, and to lose it beyond recovery in ten seconds more! Nevertheless, there was a whole lot of sport in it. There is a peculiarly keen enjoyment in training not found in other physical occupations. The exciting practice races, the luxurious rests in the cool, sweet grass under a shady tree, while filling your wide open lungs with balmy ozone; the plunge into the salt Sound, the shower bath and the rub down—these bring a healthy exhilaration that lasts until next day.

It was while training—or, rather, limbering up—at Travers Island, one day after some unusually severe racing, in 1889, that we stumbled on the method of starting now in vogue all over the world. Several New York Athletic Club men were practising starts on the soft turf. At that time all runners started from an upright position. I was the only sprinter in the group, and as a handicap to make the starts more equal, I crouched on my hands and knees. Then I tried lifting my knees, still crouching, with my head over the mark and hands just behind it. Much to our surprise, we soon discovered that I could start faster than from an upright position. It seemed unaccountable at first, but repeated trials convinced us. I began using the new start in races, and it enabled me to beat men who had previously beaten me. In a few months everybody was using it. Sherrill, of Yale, used a crouching start to keep steady on his mark in 1886, but it was radically different from the present style, in that he kept his knee on the ground.

THE MOST FAMOUS SPRINTERS.

Not many sprinters have had such brilliant speed that they were able to hold their place at the top for more than a single year. Charles H. Sherrill, the old Yale captain; Harry Jewett, of Detroit; Fred Westing, of New York; Wendell Baker, and Evert J. Wendell, of Harvard; John V. Crum, of Chicago; and A. Wharton, C. H. Bradley, and A. R. Downer, of Great Britain, are among the most noted. But Bernard J. Wefers was more brilliant than his predecessors or followers, and at distances between fifty and three hundred yards he was probably the fastest amateur that ever trod a cinder path. Tall, long of limb, very powerful where power was needed, and lightly built elsewhere; nervous, game, and always ready for a race, he was more like the ideal sprinter than any one else I have known. There was no lost motion in his running. It was a succession of great, space covering bounds, increasing in speed, until Nature opened the safety valve, which was at about two hundred and fifty yards. Wefers' records of a hundred and fifty yards in fourteen seconds and three fifths, two hundred and twenty yards in twenty-one seconds, and three hundred yards in thirty seconds and two fifths are likely to stand for many years.

It was Arthur F. Duffy, Wefers' team mate at Georgetown University, who defeated him and forced the record holder into retirement. Duffy is smoothly modelled and fit to pose as Mercury. He ran a hundred yards in nine seconds and four fifths before he was twenty years old, but he is very erratic, as last year's records show. He was beaten by A. C. Kraenzlein (University of Pennsylvania) for the intercollegiate title; then he improved, and won the English championship, but lost the international sprint at Paris to J. W. Tewkesbury, also of Pennsylvania, and the American championship to Maxwell W. Long. Meanwhile, at intervals, he won less

important races in record time. Tewkesbury, who now—I write this in the month of May—holds the title of world's champion sprinter, is another of the very tall thin type. He is not a consistent runner.

Alvin C. Kraenzlein, the University of Pennsylvania captain, has been called the athlete of the century. There seems to be no athletic sport at which he cannot win honours if he tries. He has beaten the fastest sprinters and quarter milers, can do more than six feet in the high jump, is close to the front rank in weight throwing, has only one rival in all the world as a broad jumper, and is in a class by himself as a hurdler. He could have had a place on the 'varsity baseball and football teams and a seat in the 'varasity crew, but had no time to try for them. Kraenzlein is of peculiar, irregular build, with long, thickly muscled, ungainly legs, and deep, broad chest. He is powerful all over. In a race, or when jumping, his efforts are so furious that they are almost painful to see. He holds all the most important hurdle championships and hurdle records, and has alternated with Meyer Prinstein, of Syracuse, in holding the broad jump title and records.

THE HURDLERS AND JUMPERS.

Kraenzlein's predecessor as a hurdling champion was Stephen Chase, of Dartmouth, an ungainly New Hampshire boy, who ran fastest when he was fighting mad. When in that condition "Si," as he was nicknamed, could be distinctly heard to splutter an expletive as he buck jumped over each hurdle, and draw a long "Gosh-all-fired-hemlock!" as he walked back to the judges a winner. Chase was a wonderful high hurdler, but slow over the low obstacles. He beat Godfrey Shaw, the great Englishman, and swept everything before him until he retired.

Other brilliant broad jumpers still on the record books were Malcolm W. Ford, once an all round champion; William P. Halpin; L. P. Sheldon, the old Yale captain, and Edward B. Bloss of Harvard. Bloss, who is a stocky midget two inches over five feet, and Sheldon, who is six feet four, were warm rivals for intercollegiate and national honours. When in competition they furnished another illustration of ridiculous contrasts. Both have jumped more than twenty-three feet.

Michael F. Sweeney was the king of high jumpers. His record of six feet five inches and five eights, without weights, made at the international games of 1895, on Manhattan Field, New York, has never been touched by amateur or professional. Sweeney, who is an exceedingly clever gymnast, has wonderful control of his body while in the air. I saw him get his feet over six feet ten inches in practice at Travers Island, but his hip took the bar off. Englishmen call him a circus jumper, because he wriggles and twists and turns over the bar as he clears. In England, most of the jumpers use the "scissor style"—they face the bar and jump straight at it. In this way Ryan, the Irish giant, cleared six feet four and a half inches. Other brilliant high jumpers were Baltazzi, of Columbia; Norman Leslie, of the University of Pennsylvania, and Irving K. Baxter, of Yale. Of the pole vaulters who followed Hugh Baxter, Buckholtz, of Pennsylvania, and R. G. Clapp, of Yale, were the best. Clapp holds the present world's record of eleven feet, ten inches and a half.

THE LONG DISTANCE RUNNERS.

Native Americans have never been the best long distance men in the world, but Harry Fredricks, Peter Stillman, W. Harmer, of Yale, C. O. Mills, of Amherst, and G. O. Jarvis, of Wesleyan, were all in the front rank. We produced our one phenomenal long distance runner in William D. Day. This strange boy lived at Bergen Point, New Jersey. He was thin, pale, stoop shoulders, and apparently feeble. With no one to map out his training work for him, he played and gamboled around the track and field, or spent his time swimming and rowing. His training meals frequently consisted of pies, dough-nuts, and sarsaparilla, and he smoked cigarettes most of the time.

With this sort of preparation, Willie Day won some of the most heartbreaking tests of speed, courage, and endurance ever witnessed in this or any country.

I shall never forget his running in a cross country handicap which began and ended on the Morris Park race-course. The day was cold and raw, it was raining heavily, and the track and surrounding country were ankle deep in mud. A big field of starters had long handicaps. The men on the six minute mark were well along in the race when Day stepped to the scratch. All the competitors had disappeared as he stood shivering in the mud waiting for the word. By a wonderful effort he had pulled up to third place at the beginning of the last mile. The run home was down the famous three quarter mile straight, which has been a stumbling block to so many thoroughbreds, and which, at that moment, was a sea of deep, clinging slime. Through a field glass Day seemed to be staggering and exhausted. As the anxious watchers whispered, "He is gone!" the boy gathered himself together for a final effort, and, sprinting every foot of the last half mile, strode over the finish mark, covered with mud and bruised from falls, the winner of the race.

Day won two five mile national championships, two individual cross country championships, and many other indoor and metropolitan titles. Some of his records are still standing. His strange career ended sadly. He hanged himself close to the track which had been the scene of many of his triumphs.

Men from England, Ireland, and Scotland have won most of our long distance honours. George Orton, A. B. George, Sydney Thomas, and Thomas P. Conneff have been the most successful. Of these Conneff has the most brilliant record. His time of three minutes, two seconds and four fifths for three quarters of a mile has never been equalled by any professional or amateur, and his mile in four minutes fifteen seconds and three fifths has never been approached by an amateur—for W. G. George was a professional when he ran the mile in four minutes, twelve seconds and three quarters. Conneff was another erratic trainer, and a man of wonderful vitality—which underwent a supreme test one day off the boat house at the New York Athletic Club's summer quarters. After weeks of trying, Conneff thought he had learned to swim. He dropped into the water, paddled with one hand for a while, then let go of the float and struck out. He swam for fifteen feet and sank with a gurgle.

His only companion, not a good swimmer, saw Conneff disappear, and ran for help. It must have been five minutes before some of the club's champion swimmers began to dive for Conneff. They could find no trace of him. The silent group on the float were looking at the dancing ripples on the inlet in helpless despair, when a feeble groan came from under their feet. A section of the float was torn away, and Conneff was lifted out. In a few minutes he was able to say:

"When I went down my feet struck bottom. I prayed the saints to show me the way, and I walked and walked, until at last I could breathe again."

THE GIANTS OF HAMMER AND SHOT.

Among the weight throwers, George R. Gray, James S. Mitchel, and John Flanagan, giants who came from Canada and Ireland, and who carried the Mercury Foot emblem of the New York Athletic Club, have won our championships and broken records almost at will. They have the science of their respective games developed to a high degree. Gray held the shot putting championship nine consecutive years before retiring, and still holds most of the records. His successors were W. O. Hickok and Dick Sheldon, two of Yale's famous football guards. Mitchel held the hammer throwing title for six years, retiring in 1897 in favour of Flanagan, who has held it since, and has broken several records.

Mitchel's record with the fifty-six pound weight is equally brilliant. In the absence of Sheldon, who had succeeded him, Mitchel came out of his retirement and won last year's title. Sheldon is a giant. One day Pol Plançon, the statuesque basso, approached Sheldon, bowed, and, looking with admiration at the Yankee, said:

"I am little Pol Plançon; who are you?"

FOOTBALL FEATS THAT CANNOT BE BEATEN.

Some Great Records Recalled.

THIS is essentially an age of football records, but despite the remarkable efficiency attained by the leading teams and players of to-day, there still remain many old-time records which up to the present obstinately refuse to be beaten.

What is the greatest record of the winter pastime? This is not an easy question to answer. But anyone who considers the subject carefully will not disagree with the writer when he plumps for the marvellous feat of the Glasgow Rangers' team of 1898. During that memorable year the Scottish team won every match they played in the Scottish League, beating the other clubs at home and away—in other words, emerging victorious from thirty-six successive keenly contested matches. The Scottish League may not contain so many first-class elevens as the English, but this does not detract from the merit of the Glasgow Rangers' performance, and then they also won the Scottish cup. It does not require a very bold spirit of prophecy to predict that this record will probably remain unbeaten for years.

Aston Villa hold a number of enviable records, but their one great claim to fame is the number of times they have won the League championship. Five times in all has the flag of victory in this great competition flown over Aston Park, and, although it is more than seven years since the team had the honour of heading their numerous rivals, not one of them has succeeded in equalling their quintet of victories. Sunderland, however, may do so any season—though not this, to judge by present form—as they need but one more championship to be bracketed equal.

Another vulnerable Villa record concerns their takings during the last decade. In this period they have received from the public the enormous sum of £150,000. But of late money has been so plentiful in football circles that in all probability several teams may average £20,000 a year from 1907 onwards. Last year Newcastle United and Aston Villa received between them nearly £40,000.

Altogether, the clubs in the three principal organisations—the First and Second Divisions and the Southern League—extracted £500,000 in coin of the realm from a generous public. Here is a record which should prove hard to beat. Yet when the accounts for the season 1906-7 come to be prepared it would not surprise lovers of the game to find they had beaten their own high standard of twelve months ago.

While on the subject of finance, one may touch upon the remarkable record of Chelsea in their first year of existence. Although invariably playing to big "gates," the club showed a loss of £5000 on the season—an unenviable record for League football. Apparently there is plenty of money behind the Metropolitan organisation, for this year the team is run on characteristically lavish lines with, of course, the sole object of entering Division I. Manchester City is another club which has encountered bad luck. As a result of two commissions the club and players have had to pay in fines close on £1000, while, if we add the losses of salaries incurred by suspended players, it will not be an exaggeration to state that the "City" have suffered to the extent of £3000. What the effect has been on the "gates" it is not easy to say. A follower of the club puts this at £2000, with "more to follow." This is a record which no team is anxious to beat.

The finals for the English Cup have added many records to the game. Thus, Derby County have been in the final three times without experiencing the joys of victory; indeed, their defeats left no room for doubt as to the inferior team, for they scored only two goals and lost thirteen. A curious feature of the Cup is that during the last twenty-eight years it has been won three times only by teams with single names—Bury

twice, and Everton last year. Considering the numerous single-name teams, such as Sunderland, Stoke, Middlesbrough, etc., it is surprising to find that they have not figured more prominently in the winning list.

Nineteen years ago Preston North End beat Hyde by twenty-six goals to nothing in an English cup tie; while the year previous to that witnessed a 36—0 victory of Arbroath over Bon Accord in a Scottish Cup-tie. To see the last English Cup Final football lovers paid no less than £6,625 17s. 6d. in admission money, and as only one goal was scored, it must be admitted that it was an expensive one. That goal was worth a clear £2,000 to Everton.

A great many persons are under the impression that Steve Bloomer holds the record for international caps, but, as a fact, there are two players who easily beat him. First comes W. Lewis, who has appeared for Wales in thirty-two Internationals, while W. Meredith played for Wales on twenty-three occasions. Competition for places in the English eleven is, however, much keener, and consequently Bloomer must be accorded a leading position on account of his twenty-one battles for England. In addition to this he has scored twenty goals—another of the records likely to stand for a few years yet.

It is also certain that the twenty-times-capped player has had his day. Selection Committees, nowadays, are inclined to give preference to young men rather than veterans burdened with great reputations. A glance at the teams against Scotland since 1902 proves this. On the occasion of the League match with Scotland, the Committee capped Shepherd for the first time, and he showed his appreciation by scoring four goals. It is not often a young player sets up a difficult record like this in his initial International encounter.

The North and the South have each produced a club which has had a sudden accession to fame. These are Newcastle United and Fulham. The former is now in its tenth year, but it is safe to say that no other club has, in such a short time, earned so big a reputation as Newcastle has for match-winning. They may equal Derby's Cup Final "record," it is true, but all the same as ex-League Champions and double Finalists they must be classed among the "dangerous" teams in the upper circles of football. Fulham won the Southern League Championship last year—the fourth of their existence as a first-class club.

When Darwen were members of the First Division in 1891-2, they scored eleven points. In those times, however, the number of teams was extremely small, and Bolton Wanderers' nineteen points in the campaign of 1902-3 must be considered the record. In the 1894-5 season, Liverpool compiled twenty-two points, whereas last year they went to the other extreme by totalling fifty-one and winning the Championship with a record score.—*Tit-Bits.*

CONSTIPATION.

By A. P. Reed, M.D.

THIS difficulty is one of the most prevalent, but it is said to occur more among women than men, and among dark than light complexioned people. The reason for the former fact is doubtless due to the more sedentary habit of women as well as the greater pressure on the lower bowel by their peculiar abdominal organs; and for the latter fact, the more sluggish livers of dark complexioned people.

It is quite well determined that constipation is often inherited, in which case we find it more obstinate, defying, may be, much treatment.

Over-eating by clogging the system is a prominent cause of constipation, and if combined with an inactive life is almost sure to produce an aggravated form of the affection.

Not least among causes should be mentioned the neglect of the calls of Nature.

Like all other diseases, the only rational treatment of constipation is based on knowing and appreciating the causes. Indiscretions in diet and lack of exercises are prominent causes that can be largely modified by all, albeit more self-denial may go with such a policy than with the pill taking policy.

The place that medicine occupies in this trouble is or should be a subordinate one, and any medicine is powerless for anything but harm if used in conjunction with wrong methods of living.

When we consider the great number of diseases in which constipation is an underlying cause, it will be seen that no greater service can be rendered womanhood than in helping it escape its dangers, thus to enable woman as well as man to more perfectly fulfil the laws of self-preservation.

Much is constipation that is not so called by the laity. Insufficient action of the bowels, as well as habitual infrequency of action, must be considered in getting an adequate comprehension of this affection. The poisonous products of matters remaining in the system that should pass off, being absorbed, produce indigestion, headache, lassitude, general debility and various evils that follow in the wake of these things, all paving the way for organic as well as functional disease.

A sluggish liver causes one of the worst forms of constipation, as it more surely leads to piles or hemorrhoids. It is notable that many who are of constipated habit drink very little water and to get these to drink freely of water is often to largely correct their difficulty and always to help correct it. Hence, in treatment, the patient should first be induced to drink more water—several glasses a day if possible—one on rising, one before each meal and one or two more in the course of the day.

Fruit, if the stomach tolerates it well, should be freely eaten. This latter may be made more effective if taken on an empty stomach with the water. Stewed prunes, figs, oranges, peaches, baked and raw apples, are laxative fruits, while walnuts, almonds and raisins are laxative to some. I knew of a person who could eat six raisins and six almonds at bedtime and be sure of a movement at a regular hour in the morning.

Among vegetables we may mention onions, spinach, tomatoes, lettuce, and salads generally. Molasses, honey and gingerbread prove laxative with some, especially children.

On the other hand, eggs, milk, pastry, fried foods, gravies, strong condiments and tea are constipating.

Regularity in heeding Nature's calls, exercise in the open air, stopping short of fatigue, and not least, massage of the abdominal walls, following the course of the bowel contents. To do this, make movements as follows with somewhat deep pressure:

Beginning on the lower right hand side of abdomen, pass up to top of abdomen, then across top to left side, thence down to left lower corner. In the central portion—inside the circles described, make some circular movements. Do this for five minutes every morning.

Fat people often find it advantageous to wear an abdominal bandage.

It is an instructive fact that herbivorous animals have more abundant movements of the bowels than the carnivorous or meat-eating animals, this fact alone showing us that a concentrated diet favours constipation, while one that contains bulk with some extraneous or waste material excites the intestines to activity. To sum up the dietary advisable, abundant water, entire wheat and brown bread, oatmeal, fresh green vegetables, prunes, figs, raisins, apples, peaches and berries should make the maximum of nourishment taken by the people.

If there is difficulty in swallowing so much water, which may be taken hot or cold, flavouring the water with lemon juice or grape juice may induce the patient to take water more freely.

With medicinal treatment we will not deal in this paper, the idea being that if the advice here given is followed, a large percentage will not need medicinal treatment.

I PITY the man who does not find enjoyment in work. There comes to the average woman a kind of contempt for the fellow whose ambition is to while away the day at his job until the whistle blows.—*The Healthy Home.*

IN THE ARENA OF SPORT.

DEVEY AND QUEEN'S PARK RANGERS.

ALTHOUGH it has been announced that John Devey might be induced to become manager of the Queen's Park Rangers, we understand that there is little likelihood of him accepting that position.

He has many claims upon his time. His association with Warwickshire cricket would be prejudiced by this appointment, and he has an outfitter's business. Devey is also indisposed to sever his connection with the Aston Villa directorate.

He was asked to take the position, but practically declined, and was then asked to recommend a likely man, which he will probably do.

BIG CRICKET SCORES.

THE highest individual score ever made in a first class cricket match in England or Australia is 424, obtained by A. C. Maclaren for Lancashire *v.* Somerset at Taunton on July 16th, 1895. Gregory's recent 383 comes next on the list, and beats by 18 the 365 by C. Hill for South Australia *v.* New South Wales at Adelaide in December, 1900, which has stood as an Australian record for the last six years. Other leading scores are :—

357 (not out), R. Abel, for Surrey *v.* Somerset, at the Oval, May 30th, 1899.

344, W. G. Grace, for M.C.C. *v.* Kent, at Canterbury, August 11th, 1876.

343 (not out), P. Perrin, for Essex *v.* Derbyshire, at Chesterfield, July 19th, 1904.

341, G. Hirst, for Yorkshire *v.* Leicestershire, at Leicester, May 20th, 1905.

In matches other than first class individual scores of over 400 have been fairly numerous. The three highest are :—

628 (not out), by A. E. T. Collins, a boy of thirteen, playing for Clarke's House, Clifton College, *v.* North Town, in June, 1899.

566, by C. J. Eady, for Break o' Day *v.* Wellington (Hobart, Tasmania), April, 1902.

485, by A. E. Stoddart, for Hampstead *v.* Stoics, on August 4th, 1886.

Perhaps the most remarkable achievement of all, however, was W. G. Grace's feat of scoring 400 not out for the United South of England XI. *v.* Twenty-two of Grimsby, at Grimsby, on July 10th, 1876.

A PRIZE FIGHTER M.P.

THE history of a past member for Pontefract, named Gully, was extraordinary. He was put in training twenty-five or thirty years ago by Mellish to fight Pierce, surnamed the "Game Chicken," being then a butcher's apprentice : he fought him and was beaten. He afterwards fought Belcher and Gregson twice, and left the prize-ring with the reputation of being the best man in it. He then took to the Turf, was successful, and established himself at Newmarket, where in a few years he made some money. At the same time he connected himself with a Mr. Watt in the north, and by betting for him at the time when Watt's stable was very successful, he won large sums of money by his horses. Having become rich he embarked in a great coal speculation, which answered beyond his hopes, and his shares soon yielded immense profits. He then gradually withdrew from the betting-ring, still, however, keeping horses and betting occasionally in large sums, and later he bought a property near Pontefract, and settled down there as John Gully, Esquire, a gentleman of fortune, and was soon afterwards returned without opposition for that borough. In person he was tall and finely formed, full of strength and grace, with delicate hands and feet, his head set well on his shoulders, while in manners and in action he was remarkably graceful, and even dignified. He had strong sense, discretion, and reserve, and a good taste, which prevented him in the height of his good fortune from ever transgressing the bounds of modesty and respect, So says "Greville's Memoirs."

SPRINGBOKITIS.

A PROUD father at Newport has named his latest baby Springbok. We presume he was inspired to the deed by the fact the child is a good kicker.—*The Globe.*

'VARSITY CROSS-COUNTRY MATCH.

SATURDAY, December 15th, has been fixed for the 27th annual cross-country match between the Oxford and Cambridge University teams.

OLYMPIC GAMES IN LONDON.

AT a Council meeting of the British Olympic Association held in London it was definitely decided to hold the next Olympic games in London in the year 1908.

THE WORLD'S NEEDS.

"Slightest actions often
Meet the sorest needs,
For the world wants daily
Little kindly deeds."

THE ARMY AND NAVY BOXING CHAMPIONSHIPS.

An Appreciation.

By the Author of "Intellect and Physique," "The A.B.C. Guide for the Business Man," etc.

THE sporting world has never before, in the pages of history, reached the maximum that it now enjoys. Boxing never before was looked upon in such an appreciable manner by the British sporting public. Therefore, I feel that my readers will overlook my appreciation if in any way it strikes them as being over-estimated or too rapturously endorsed. But this I do not fear.

Now that the noble art of self-defence has once and for all obtained an uppermost place in the hearts of all civilised ranks, and the fallacy of the bulldog motives been rooted out, any magnified enthusiasm must still retain for the interested a glow of light by which to discriminate the glorious paths to success.

But, my dear reader, don't for one moment picture me as a John the Baptist—this is *not* my second time on earth. I am no herald clearing the way for a mighty conflict. What is more, I have never played in "Hamlet." Strange, perhaps, but true. No; I am merely going to add to the laurels of a few bold exponents of the art a word of appreciation.

The above-named meeting—the heading of this article—is held in the Military Gymnasium, Aldershot, annually. It is the greatest exhibition of the art that the soldier and sailor has to look forward to; whilst speaking generally, it is one of the most important held throughout the year in Great Britain. And why is it so? The soldier or the sailor, as viewed from the narrow minded public eye, is a very uninteresting person. He appears to have no great points beyond his military routine. Some would contradict this, but I know from experience that the average civilian holds himself above the service. If he mingles with the boys he does it either out of relationship ties or business, or—more generously—out of his philanthropic spirit.

But to get back to the subject direct, it is a fact beyond doubt that the service can boast of fighting men equal to any the world has ever produced. At the above meeting yearly, the spectators are not limited to the lads in khaki and blue, but is a haven for all the English sporting public, and especially of London.

The trophies are ones that the troops and sailors look forward to with longing eyes. The value is a matter of insignificance, for I firmly believe that if, as in the officers' competitions, the money was expended in a cup, the interest would not wane. In every weight each man has his favourite competitor, and although he himself may or may not be, a practical demonstrator of the art, he would rather lose a week's pay than miss one bout in the decisive contests. Not a sound can be heard from "time" to "time." Their faces alone go to express the interest and appreciation they may have for the fighters.

But what of the competitors? They are men, trained down to the most perfect form of fitness, ready and willing to meet any man that may arise from the unknown depths of the service. Then think for one moment what such heartiness entails. The meeting is held but once a year, the service is extended over the whole empire, the service is constantly recruiting, and, for instance, men from the Indian station unable to attend last year may possibly do so this. What does that mean for the man who fought with good form last year? Why this: he has trained for this year's contention, with a view to adding to his last year's worthy laurels. His trainer, his backers, all look towards him for the credit of their ship or regiment. Yet, until he gets a list of entries, upon the first day of the fight, he does not know his adversaries.

Think what a handicap that is. In civilian life, a man may be booked to meet another one, upon such-and-such a date. He knows his man weeks beforehand. He trains to suit his opponent, studying his style, his tactics, and his weak points. His trainer makes it his business to correct his man in any little error that may go towards his ultimate failure. Upon the date of the match he has his man read like a book, and then awaits his chance.

But at the Aldershot meeting these summaries have to be made only when face to face, and yet, as the *Sporting Life* said whilst speaking of the second day's contest, we get fighting equal to any professional form. The above mentioned little handicaps do not impede the scientific progress. In fact to the would-be successful aspirant they are a benefit. They teach a man self-reliance in a manner that no other training can effect.

However, a few might ask, has the service ever turned out a champion? Perhaps a ludicrous question, but one I will answer. Look at Gunner Moir. Can you beat him? Here is substance for considerable controversy, and it yet remains to be seen if he will follow up his sensational victory over Jack Palmer by future successes.

Then have we any promising pugilists? I will mention one out of my list of scores—"Curly" Watson. Possibly my readers may know him. Step by step he is climbing his ladder, his latest achievement being his defeat of Bombadier Davis, 129th Battery R.F.A. This was without a doubt the greatest fight of this year's meeting. The latter is better known in the northern counties, the former in and around London. Favour as to the result—which was predicted to decide the fall of the middle weight honours—was divided. Both were in grand form, and in the first and second rounds there was little to choose between them.

At the outset the Bombardier posted his guns, but the sailor in spring-heeled fashion plainly meant to outflank them. The former pounded and bombarded his opponent's defence, but the latter resorting to tactical principles only in the third round dropped his anchor. Luckily the sailor had a good pressure of steam upon his gauge, and so when time was called for the third and final bout he was not at all distressed.

Operations enlivened considerably, the Bombardier having but little rest. Then came the question of training. Pluckily they both faced each other, but one smile—so typical of "Curly"—by no means consoled Davis. There was something of the "dark horse," behind it that, as in many other instances, spelt disaster. Before the bout was half over, the artilleryman was outflanked. His tender spot had been reached, and the sailor gave him but little rest.

Although many of the "dailies" queried the referee's decision, I can honestly say, that as one who watched point for point throughout, the verdict in favour of Watson was the only one possible. He really is a marvel, and before Davis can hope to penetrate his staying powers and tactics he must strengthen his own. I am told, however, that Davis has issued a challenge for a ten-round contest, which, I believe, Watson has willingly covered. Wherever or whenever this takes place I would strongly advise my readers to see it if possible. To the youthful aspirant there is in "Curly" Watson a lesson that very few teachers of the art expose. His tactics are independent and peculiar to himself alone. He is a self-made man, and has nobody to thank for his honours; therefore the lessons he portrays with each delivery are worthy of the most sincere flattery. His style is original, for I believe no man has ever yet dreamed of presenting it. Some criticised it severely, but that just proves how invincible it is. Criticism besides imitation is one of the most sincere forms of flattery.

But above all, what attains for "Curly" the greatest appreciation, is his fairness. Never have I known him to foul. The approach of a clench is the signal for his arms to be outstretched upon a level with his shoulders. This of course at such close quarters leaves him open to attack, but very few care to attempt the offer. Never does he enter the arena without a smile upon his face, which no matter how hard the task in operation,

never diminishes. He takes punishment as well as justly gives it with a broad smile covering his face. Nothing appears to baffle the gentleman that is truly hidden behind those pair of outstretched arms. "What's bred in the bone." He certainly has an interest in the noble art, that is stimulated by genuine British sportsmanship, and which no taints of gold can dirty. He always fights a winning game, but should defeat step his way, it is with the same cleanness that he acknowledges it.

Yes, in "Curly" Watson, with good luck, we possess the coming British middle weight champion.

But for fair, scientific fighting his case is no exception. Throughout this year's meeting we were greeted with the same wholesome spirit. Every man was at his best, and winner and loser alike could query nothing. Science and training came out uppermost.

Feminine Athleticism.

IN a recent article in *The Observer*, a writer declared that the tall and athletic girl is a sign of "woeful national degeneration," and that the medium sized woman is more often the mother of fine sturdy children than her more muscular sisters.

Dr. Saleeby, whose name is so well known in the scientific and medical world, has been good enough to give his views on the question. In an interview, he expressed himself as generally in absolute agreement with the specialists' opinions as regards the question of strong women and weakly children.

"The evolution of sex means something," he said, "and any attempt to approximate the two sexes to one another is a defiance of the natural law, and must be paid for accordingly. It is a remarkable fact that as woman devotes herself to that marked output of energy which is the male characteristic, rather than to that accumulation of energy for the race which is the woman's characteristic, she becomes no woman. It is a known fact that women who devote themselves to professional acrobatics, and also women who devote themselves without intermission to intellectual labour, lose the capacity to perform the functions characteristic of motherhood. It seems reasonable to suppose that if women in modern society undergo a modification which makes them incapable of performing the functions of maternity, the resources of science will be found unavailing for the not undesirable pupose of the continuance of the race.

"I should very much regret this expression of opinion if I thought that it would be accepted as an unqualified condemnation of the reasonable exploitation both of the muscular powers of woman and of her psychical powers, which I hope I am not such a fool as to underrate. The argument merely is that Nature decrees a limit beyond which the expenditure of energy on the part of woman is not compatible with the retention of her womanliness.

THE TWO EXTREMES.

"Opinions on this great question of the future evolution of woman seem to me constantly to suffer from lack of balance. On the one hand, you have the argument that we must adopt some means which will cure the weaknesses of woman, such as her tendency to hysteria and to lack of self-control. This can be done, and it can be done too well, the result being that in removing the defects of womanhood you have incidentally destroyed its priceless qualities. On the other hand, there are those who say that a woman has no business with intellectual pursuits or with any muscular exercise, other, perhaps, than dancing. The product of such conditions is apt to be an anæmic, hysterical girl; she is useless alike on the hockey field and in the sick-room.

"Neither of these products is my ideal of 'the perfect woman nobly planned,' whom Wordsworth has so perfectly described. '*In medio tutissimus*'—our virtue is to be found in the golden mean. Thank Heaven, few of us are unable to point to women who possess in a high degree many of the qualities which men admire in themselves, and yet who are still women. If your readers care to consult the wisdom and vast experience of one of the greatest living students of the healthy mind in the healthy body, let them turn to the pages of 'The Hygiene of Mind,' by Dr. Clouston, of

Edinburgh, which has just been published by Messrs. Methuen. They will there find how a woman may attain the ideal, which in point of fact she very frequently realises, to the lasting benefit of her own sex and of man.

"I am less inclined to dogmatise about diet, since the more one reads the more one is convinced that the organisation will turn to required account almost any diet on which it is nourished. You will get what you aim at, whether on cereals or meat, rice or fish. If you aim at making a girl into a beardless boy, that is what you will get, more is the pity. If you aim at making her into an undisciplined and ineffective woman, that also you will get. If you aim at the kind of woman—strong, yet tender—who has played her great part in the progress of life, that also you may hope to get. I know nothing better worth aiming at."

THE ACCURSED WORD "UNIFORMITY."

In answer to a question as to whether he could sketch out in brief an ideal daily training for the making of his ideal woman, Dr. Saleeby replied:—"My answer is that there are many ideals of woman, and that women are not like atoms of oxygen, or what we are trying to make the British privates, all identical and characterless; and that the regimen which will make the utmost possible of the individuality—physical and psychical—of one woman may be the very worst possible for her sister. If there is one accursed word in the treatment of human individuality, which is the most precious thing in the world, it is the word 'uniformity.' Fortunately my imagination is incapable of realising a world in which all the women would be identical and the singular consequences of living in such a world. As long as a woman remains a woman, then let her be as unique a personality as may be. • Complying with Nature's irreducible demands for the retention of womanliness, let us have all else that the woman in question is capable of—as in a Florence Nightingale, a Caroline Herschell, an Elizabeth Fry, a Madame Curie, or a Queen Victoria."

It may be added that Dr. Saleeby is working his way towards a somewhat remote book on the future evolution of woman. It will aim at defining the necessary ideals of womanhood; stating their worth in the past, which will be worth no less in the future; asking of our present methods whether they are approaching that ideal, and if not, whither they tend; and defining, if possible, the methods, which should be based on solid grounds of Nature, for the attainment of her most precious product.

A LADY TEACHER'S VIEW.

Miss Beatrice Bear, Principal of the Alexandra House Gymnasium, Kensington Gore, one of the best equipped gymnasia for ladies in London, was very sceptical as to the views enunciated in the article referred to. "I do not agree," she said, "with the statement that small mothers have finest sons. I have always found that the tall and muscular women have the finest children, and that weakly mothers have weakly children. It seems only natural that it should be so. I usually find that the weakly boys (who come here for gymnastic training up to the age of twelve) are the sons of delicate parents.

"I do not think, however, that it is possible to tell yet what effect the gymnastic training of women is having on the future generation, for it has only been in existence about ten years, and it must take longer than that to judge of its results. I am strongly in favour of gymnastics for women, and look upon physical training as the one salvation of the race. Our students have gained in health in the most marvellous manner, and I cannot see how the training can fail to be of immense advantage to their offspring when they are married. Work in the gymnasium is only supplying by artificial means the physical exercise which women in former times had as part of their daily toil and share of the world's work. The training of a gymnasium practically banishes the bugbear of hysteria, for it has a marvellous effect in steadying the nervous system, as well as strengthening the muscles. Girls become more upright in their bearing, and in every way stronger and better in health; but we do not find that the training has as much effect in adding to their height as is commonly supposed."

THE SECRET OF LONG LIFE.

LENGTH of life may be desirable, and one notices that with increasing years the desire for more of them becomes greater. But though many of us desire to be old—in due course—none of us desires to be senile. In the first and more interesting of these two discourses, Sir James Crichton-Browne tackles the problem which grows more insoluble year by year: How to remain young in spite of the inevitable passage of time?

We are projected upon this transitory life, it seems, with so much impetus behind us, we and the parrot and the sardine and the elephant. The impetus behind the ordinary healthy man, thinks Sir James, should carry him on for a hundred years; that is the normal life of the human being. But he has sought out many inventions; he has discovered alcohol; he has invented vice; and the old man who at the turn of his century should suddenly drop to pieces after the manner of Dr. Wendell Holmes's "Wonderful One Hoss Shay," wherein every spoke and screw was as good as another, is fifty years in his grave through the defect of some little bit of mechanism.

CHANGE AND DECAY.

Sir James explains clearly enough the ascertained fact that our faculties develop and decay piecemeal. For example, the hand worker finds that at forty-five his hand turns per hour are diminishing, while the brain worker should anticipate many years' improvement in his thoughts. But why do we ever decay and die? The materials that compose us are imperishable. Those materials have somehow come together, and they make up—me—you—anybody. Here is a being compact of chemicals with amazing names and clad in the newest winter fashion. As he stands he is—in the material sense—immortal, for not even his gloves can perish utterly. Yet there comes a moment when the combination —quarrels—there are dissensions—it breaks up—dissolves—and the oxygen and hydrogen and the other things of which we are compact scatter to other constituences. That is death.

But since all the elements that make us up continue their vigour, it is hard to see why their vigorous combination should diminish and cease. Sir James is quite aware of Pofessor Metchnikoff's theories about the macrophags and phagocytes.

Hair, before it has lost its colour, is full of pigment, but "at a given moment" the cells of the central cylinder, which are a variety of macrophag, become active, and proceed to devour all the pigment within their reach, and, becoming migratory, quit the hair, and either find their way under the skin or leave the body.

A TIME MACHINE.

But why "at a given moment"? Why should my macrophag, who has been a friendly guest for so many years, turn upon me and sap my vitals at a given moment? . . . I am still oxygen, hydrogen, winter suitings, and the rest of it! What has changed? Why at this moment should my macrophags—or is it my phagocytes—break up the happy combination that makes up—me? Sir James Crichton-Browne has only wonder, and no explanation to offer us:

"The occurrence of normal death—that is to say, not death due to accident, starvation, or violence, but to wearing out of the organism—is still a mystery. Cells which exist as free and independent organisms can apparently go on with or without conjugation, living and multiplying for ever, unless destroyed by external agencies. Why should cells, living in aggregations in the tissues of higher animals, in situations in which they are comparatively protected from injurious external agencies, become mortal"?

That a sentient being should ever decay and die at all is the great mystery, since his elements are permanent

enough. Sir James has to fall back on the Ciceronian method of the "De Senectute," on which the youngest of Oxford students are trained. "Depend upon it," he writes, "the best antiseptic against senile decay is an active interest in human affairs, and those keep youngest who love most." The method is empiric, a confession of scientific failure. But the centenarians are always described as taking interest in current events. Perhaps—in the absence of knowledge—one may accept Dr. Osler's advice to walk with the young men if we wish for longevity without senility.—CLARENCE ROOK (in *Daily Chronicle*).

COFFEE DRUNKARDS.

ENGLISH physicians have recently noted a remarkable increase in the number of deaths from nervous complaints, and, endeavouring to trace the cause, have come to the conclusion that it is largely due to the increase of popular tea shops and coffee palaces. As a part of the temperance movement attractive coffee palaces and tea-rooms have been established to offset the attractions of the gin palaces. A medical man who makes a specialty of dietetics states that as many men are addicted to excessive indulgence in coffee as there are immoderate tea drinkers among women.

"Thousands of men," he writes, "particularly in the city, sip coffee during the day at brief intervals, as other men sip spirits. In time the coffee habit develops palpitation of the heart, irregular pulse, nervousness, indigestion and insomnia.

"Coffee drunkards, as I may call them, are greatly increasing in number, due probably to the wave of temperance that is passing over the country; but I have known cases where hallucinations scarcely different from those of alcoholism have been set up by persistent abuse of coffee over a series of months.

"Coffee is a cerebral stimulant ranking with alcohol. . . . . The use of coffee after dinner, and especially the practice of drinking a cup at night, is responsible for cases of sleeplessness."

"HEALTH is the first wealth."—EMERSON.

"THE wise for cure on exercise depend."—DRYDEN.

"ACCUSE not Nature; she has done her part
Do thou but thine."—MILTON.

NAPOLEON said: "The first requisite of good generalship is good health."

ALL time and money spent in training the body pays a larger interest than any other investment.

The skin is of the greatest value in eliminating impurities from the body, and therefore should be kept in perfect condition.

SOME HELPFUL LITTLE HINTS.

STUDY your own physical make-up and then develop the weak parts while at the same time you keep up the exercises for the whole body in general.

Be careful not to let any physical fault get a start. Prevention is so much more valuable than cure. And if you cultivate a keen eye for your own imperfections it will not be difficult to overcome them at the start.

Do not be afraid of keeping your skin too clean. When it is covered and clogged with its own waste matter, the body is put into just the condition for contracting diseases and absorbing any injurious vapours that may be hovering about in the air. Thus the body when unclean is robbed of one of its methods of defence.

When the muscles are exerted the body demands an increase of both solid and fluid food but the solid is more necessary than the fluid, if the exertion be kept up for some time.

The principal factor in producing obesity is lack of exercise. Activity must replace sedentary habits in the person who is growing too stout.

Do not neglect to carry yourself well. Do not bend over at the waist. Hold your head straight and erect. It will increase both your own self-respect and produce a better impression on all about you.

Your voice may be cultivated till it will of itself attract friends to you. Train yourself to notice pleasant voices, and then modulate your own, and see that it always gives out its best tones. Control of the voice will have great influence over your disposition. Be careful that your voice is never harsh or whining.

You cannot be graceful unless every part of your body enjoys perfect freedom of action.

No indoor exercise can take the place of activity in the open air.

Soap that contains much oil is best for use. The cheap soaps are strong with alkali, and will ruin the finest skin.

BREAKING IT GENTLY.

THE doctor came into the room rubbing his hands and smiling.

"Everything all right?" asked the man who was anxiously waiting for him.

"Couldn't be better," returned the doctor.

"Good," said the man, with a sigh of relief. Then when he saw that the doctor intended to say nothing more, he asked, with some hesitation, "Er—ah—boy or girl?"

The doctor stopped rubbing his hands and looked a trifle uneasy, as if the task before him was not just to his liking.

"Well," he said at last, "you'll need a tandem bicycle for it."—*Tit-Bits*.

UNTO the pure all things are pure;
So some expounders claim;
But still it's always well to boil
The water just the same.
Chicago Daily News.

READERS' CLUB.

President - - EUGEN SANDOW.

Motto:—One may help Many.

For the exchange of Ideas, Personal Experiences and Photos for the encouragement of Club Members.

Every Reader of "Sandow's Magazine" is a candidate for Club Membership.

Members are expected to act up to the Club Motto, and the President will award the Club Fellowship Medal to those Readers who qualify for its possession by

(1) Contributing a letter or experience worthy of publication, and by

(2) Introducing this magazine and advocating Physical Culture, to not less than fifty friends and acquaintances. To secure the Medal the qualifying Reader must send in the names and addresses of the fifty to whom the copies have been distributed together with a "cutting" of the published "Letter," bearing date of issue, as well as stamp for postage of the Medal.

The fifty specimen copies are supplied free and carriage paid to qualifying members. In the case of foreign and colonial Readers, the sending of fifty names and addresses will be considered as entitling to the Medal.

No medals will be sent unless application is made.

Glasgow Readers Please Note.

Glasgow.

SIR,—I have lately taken up the banner of the physical culture cause, and have been longing to act up to the motto of the Readers' Club. Before the club started I was content, because I did my exercise and felt fit. But now I am trying to get all my chums and workmates to feel fit also, and I have been satisfied, for my trouble has shown some little results, and a few of them would as soon think of missing their tea as miss the *magazine*.

I have been thinking of starting a club here and would be obliged for the help of any member of the Readers' Club, either by their becoming members, and giving their support, or by giving a hand at teaching the younger members.

JAMES MACKINNON.

A Real Helper.

Coventry.

SIR,—I have read the numerous letters of your readers and an account of my own experiences may be interesting. When I first started physical culture I was suffering from asthma and bronchitis, and had tried almost every known remedy without success, when I was recommended to try your system. I at once felt an improvement, and for twelve months after I never touched a drug of any description, feeling no necessity for a "tonic" or "pick-me-up," as after the first week's trial of your exercise I always felt as fit as the proverbial fiddle.

It is always a pleasure to me to recommend anyone and to show them anything within my power.

A great many people think physical culture takes up too much time. My chief aim is to prove to them that they are wrong, and by showing them a few of the exercises first, they gradually find it so beneficial that they are not satisfied until they know them all and thereby become real physical culturists, and think no time too long to devote to exercise.

I am always pleased to take my expanders to anyone interested, and as I keep two sets, I can go through the exercises with them and in nearly every case they become so interested that they start off "on their own." I have also copies of "Strength, and How to Obtain it," and "Body Building," which I lend out.

E. BROWN.

From One to Twenty-two.

Maidstone.

SIR,—I shall always act up to the motto, "One may help many." I buy your magazine weekly, and take it up to the room for my mates to see. I have a class of ten youths, eight small boys, and four men. The men are between twenty-five and forty. I try my best to teach all the exercises in your dumb-bell chart. I started with one man about six weeks ago, and now I have a class of twenty-two, and hope to increase the number. ABRAHAM WALKER.

The Editor begs to thank the following members of the Readers' Club for distributing copies of the Magazine:—R. Cottrell (Smethwick); Peter Joyce (Springburn); D. T. Jones (Llandyssal); H. Baker (Newbridge); Albert V. Greenough (Manchester); Edgar Jones (Treochy); G. Gordon (Leith); E. Mann (Wednesbury); and P. L. Lawson (Morpeth).

"Doctor" Sandow.

Blackwater, Hants.

SIR,—I have been a devoted follower of Sandow for the last six years, and am still desirous of pushing the system amongst my friends and others I come in contact with. I have taken the magazine since 1900, and still take *Sandow's Weekly*. I also have developer grip dumb-bells (five springs), "Strength and How to Obtain it," and have had a special course from Mr. Sandow on grip dumb-bell.

I cannot find words that will express my gratitude to Mr. Sandow for the great benefit I have received, and instead of being a weakling, as I once was, I am now as strong and healthy as anyone at my age and weight. Thanks, then, to Mr. Sandow, my doctor, as I describe him to my friends.

I can assure you that nothing gives me greater pleasure than to describe the Sandow system to my fellow-men. When I was at Ascot I started several young chaps, who I hope are still keeping it up. H. CRANHAM.

Famous Cricketer's Opinion.

Bournemouth.

SIR,—Some years ago I started your system by postal instruction. I think it was 1898, or maybe the year later, and in twelve months I was transformed from a weak youth to a strong one. I have again started your magazine, and intend to go in for your system of training by dumb-bells strongly.

I can put up 85 lbs. slow press at arm's length over my head, so you see I have not lost much of my power, which indeed I owe entirely to your magnificent system of physical culture.

FRED. C. WEAVER.

[Mr. Weaver is the old Gloucester cricketer who has on many occasions represented his county.—THE EDITOR.]

Send That Photo.

MR. WM. FINNEY, of Prescot, writes to say that the local physical culture class has again started, and is going very strongly. A thoroughly equipped gymnasium has now been opened and membership is "going up by leaps and bounds." The directors have offered a good sum of money for the purchase of prizes. Boxing, wrestling, weight-lifting, and the usual physical culture exercises are to be taught. Just send along that photo, Mr. Finney.

Letters also received from the following: G. Hickman (Grimsby); A. Warren (Cheshunt); R. Ratcliff (Bradford); Noor Shah Khan (Deccon); W. L. P. (Cowley).

MIDWINTER HEALTH HINTS.

IF you think you are "catching cold," take deep breaths, exhaling slowly and thoroughly. It will often prevent an attack.

Watch the thermometers. Don't let your office or living rooms get above 65° if you want to escape influenza. Don't be afraid of cold air in your sleeping rooms. Keep your windows open if you want to get along well with cold weather (without sickness). Get acquainted with it. Plenty of cold air in the lungs pumps the blood.

Get plenty of sleep. This trying weather breaks down the system faster than Nature can build it up. The eight hour system should be strictly adhered to.

The air bath is most important this season of the year. The skin should be exposed to the air a few minutes morning and night, using a dry hair bath brush.

The cold water tub bath in winter is to be recommended to all. The weakly and elderly cannot stand the shock. Use the sponge bath instead.

Try salt baths. Use two tea cups to a tub of water twice a week. It hardens the skin and acts as a stimulant to the system. Have the water tepid, followed by a cold sponge and rub down with a heavy Turkish towel.

You must exercise. The lower part of the body receives fifty per cent. more exercise than the upper part, and if you would be well you must offset this by exercise, following the exercises given with the Sandow developers and the grip dumb-bells.

YOUR WONDERFUL BODY.

THE muscles of the human jaw exert a force of 534 lbs. The quantity of pure water which food contains in its natural state is very great; it amounts to almost seven-eights. Kiel estimates the surface of the lungs at 150 square feet, or ten times that of the external. The blood is a fifth the weight of the body. A man is taller in the morning than at night to the extent of half an inch or more, owing to the relaxation of the cartilages. There is iron enough in the blood of forty-two men to make a ploughshare of twenty-four pounds or thereabouts. The human brain is the twenty-eighth part of the body, but in the horse the brain is not more than the four-hundredth.

NO SATISFACTION.

No man is ever satisfied with his life. This does not mean that a man is thereby necessarily restless or inordinately ambitious. But as every man grows, his life broadens and deepens, and his needs broaden proportionately. Every step of progress we make in this world simply opens up other and further regions of thought to the healthy mind, and in this way men grow and develop. Right living is ever progressive living, and if a man stops learning he ceases to progress. When a man is satisfied with his life or his work it is an indication that the joy of living has ceased within him. Since nothing in this world is altogether complete, nothing can completely satisfy.

CAN A BUSINESS MAN WALK FIVE THOUSAND MILES A YEAR? By W. Alford Green.

ON the first of a January, I conceived the idea of walking 5000 miles before the expiration of the year. The object was not to achieve any unusual feat, nor to accomplish any conspicuous performance. The underlying motive was, rather, to ensure a plan by which regular and systematic exercise could be obtained. I had formerly participated in various branches of athletics, but after all forms of physical recreation had been virtually suspended for several years, the inevitable increasing weight and incipient symptoms of flabbiness seemed to call for an effort in the direction of some kind of outdoor exercise to be persistently indulged in, and hence it was that I resolved to attempt to walk 5000 miles within the year.

To travel this distance it was necessary to cover an average of thirteen and seven-tenths (to avoid fractions we might call it fourteen) miles a day. Now, fourteen miles for a day's walk is well within the compass of the ordinary man. But an occasional walk of this length is one thing, the sustained effort, day after day throughout the year, is another.

Before going further, let me anticipate the answer to the question placed at the head of this article by saying that at the end of the year I had completed a distance on foot of 5205 miles, or a daily average of fourteen and one quarter miles. The stipulated 5000 miles were finished on December 16th, but an additional 200 miles were covered in order that each of the fifty-two weeks of the year might claim an average distance traversed of 100 miles.

The three essentials necessary for the successful performance of such an undertaking are time, inclination, and good health.

With regard to the first essential, it goes without saying that unless one has the time at one's disposal, the project is impossible of execution. I found that I walked at the rate of three and a half miles an hour, which meant for the fulfilment of my task the consumption of 1428 hours, or the equivalent of fifty-nine and a half days of twenty-four hours each, or, practically, one-sixth of the entire year. In other words, it meant the employment of four hours each day. Not everyone however (says the writer in *Outing*), has the time to devote to such a pursuit.

The next requisite is inclination, or (perhaps a stronger word should be used) determination. I set out upon my enterprise with the knowledge that it was incumbent upon me to maintain a daily average of fourteen miles, and I made it a rule, when practicable, of keeping above the average, so as to have something in hand to meet the emergencies which were almost certain to arise. That they did arise was shown by the fact that for fifteen days in the year, owing to sickness, lameness, and railway travelling, no walking whatever could be indulged in. The inability to utilise these fifteen days was equal to a loss of over 200 miles. It will therefore be seen that, under the circumstances named, it was imperative on many occasions to exceed the distance of fourteen miles a day, in order to preserve the average. Thus, my diary shows that on sixty-seven days a distance of twenty miles or over was walked; on forty-eight days twenty-one miles or over; on thirty-three days twenty-two miles or over; on twenty-three days twenty-three miles or over; on sixteen days twenty-four miles or over; on eleven days twenty-five miles or over; on eight days twenty-six miles or over; on six days thirty miles or over; on two days thirty-one miles or over; and on one day thirty-four miles. Of course, the circumstances of each day varied. When the temperature was in the eighties and nineties in the summer, and in the neighbourhood of zero in the winter, and when the prevailing atmospheric conditions were those of wind, rain, mud, snow and slush, none but an

enthusiast would want to walk fourteen miles a day. Hence it was obligatory when the days were pleasant, and the conditions were agreeable, to travel distances of twenty miles and upward, in order that the daily average might be maintained. It may be stated here that the longest distance traversed in one day was thirty-four miles; in two consecutive days sixty miles; in three consecutive days seventy-eight miles; and in one week of seven consecutive days 164 miles. The best monthly record was made in October, when the distance covered was 564 miles, or a daily average of nearly eighteen and one quarter miles.

The final requisite is good health. An illness of lengthy duration would effectually prevent the accomplishment of the scheme; and a person experiencing indifferent or only moderately good health could scarcely expect to be successful in the attempt, for it is absolutely necessary that steady walking be persevered in day after day throughout the year—although the elements be unfavourable—if the design is to be carried through. And when the elements are unfavourable, the man of indifferent or moderate health has not the inclination to walk, and if he has not the inclination, he either abstains from walking or, if it be necessary for him to travel, he rides as an alternative. Either method in the long run is fatal to the consummation of the self-appointed task.

How then, is the question "Can a business man walk 5000 miles a year" to be answered? Provided the business man possesses the three requisites of time, inclination, and good health, the answer is in the affirmative. Should he fail to possess these qualifications, or, indeed, any one of them, the answer is in the negative. Of course, there are many men, such as mail carriers, policemen, messengers, and others, who, in the performance of their duties, walk more than 5000 miles per annum; but this article refers only to the business man, and his ability to walk 5000 miles a year, in addition to, and outside of, the performance of his customary vocation.

Those who live in the country or in small towns possess a decided advantage over those who dwell in large cities in this matter of pedestrian exercise. The former have opportunities of selecting diverse routes, of enjoying the fresh air, of being in touch with Nature, and of witnessing Nature's moods, colours, and changes in the different seasons of the year. City dwellers, on the other hand are compelled to use the routes best adapted for walking, and as these are necessarily limited, the resultant monotony is not conducive to thorough enjoyment of the exercise. In all large cities, however, abundant transportation conveniences exist by which the pedestrian can be transferred to the outskirts of his town, though the drawback in this method consists in the consumption of time, which can ill be spared for the purpose.

At the beginning of my walk my weight was 192 pounds in street clothes, while at the end of it my weight was 178 pounds. This loss of fourteen pounds was in every way acceptable. The avoirdupois lost was only redundant weight, and I felt, as a result, more active, stronger, and harder. In the matter of health, I felt decidedly better than I had done for several years.

I reside in a large city, two miles away from my office. I invariably walk to the office in the morning, and walk home again in the afternoon, regardless of the weather conditions, and thus cover four miles in the day. At the noon hour I walk another two miles, and so six miles a day are accounted for. Thus, there remains only a daily average walk of eight miles for recreation and relaxation. It will be seen, therefore, when looked at in this way, that the effort one is required to put forth is not a prodigious one. And yet, each morning and evening, I see scores of young men—not half my age—riding from their homes to their places of business, and *vice versâ*, when the one from the other is measured by a distance of only a fraction of a mile. These young men probably do not walk each day a distance exceeding two or three miles. If indications such as these mean anything, they mean in course of time the sapping of the virility of the nation. However, the habits of each generation change, and we will hope that the habits of the young men of to-day in this respect are not here to stay, but that they are destined to vanish

before a more just appreciation of the value of walking as an aid to good health and long life.

It will probably occur to someone to ask how I was enabled to keep a true record of the distance I traversed. In answer I will say that I carried a pedometer regulated to my own length of step, and I was satisfied as to its accuracy. I frequently tested it over measured distances, and found it uniformly correct.

Foods which cause Headache.

CONSTIPATION, with its accompanying headaches, is due principally to soft breads, soft foods such as cereal mushes, and a lack of raw green vegetables, fruits, and olive oil, or other uncooked fats, as butter and cream, or fatty nuts. Avoid sweets; coming as they do at the end of a meal, they generate an excess of organic acids and cause "sour stomach" and flatulency.

The custom of eating two nitrogenous courses at the same meal, as fish and meat, is wrong. Fish or meat would be much better. You are less liable to over-eat. The heavy course dinners of the rich soon make poor, jaded stomachs. "Higher civilisation" seeks for a constant change. Variety is necessary. All foods, as Nature gives them to us, are valuable. Changed and doctored as they are by man, and spoiled as they are by cooking, they are fraught with evil. Errors in diet and over-eating cause more than half of the diseases of our modern life. Those who have headaches from sluggish liver or constipation should eat but two meals a day. An abundance of clear, cold (not iced) water, taken early in the morning, followed by a fast of three or four hours, will in a short time cure most persons of "biliousness." The remaining two meals must of course, be consistent, and composed of well made, clear soups, boiled, baked, roasted or stewed beef, mutton, chicken, and an occasional bit of fish, a small amount of such starchy foods as potato and rice, always a green vegetable, one raw if possible, or some raw fruits. No liquids should be taken with the meals, except a glass of water at the close.

USE THE GREEN VEGETABLES

that are in season. We have during the summer and autumn green peas, tomatoes, new beets, cabbage, cauliflower, Brussels sprouts, cucumbers, peppers, string-beans, onions, lettuce, and cress, and such fruits as berries, currants, apples, grapes, pears, peaches, and melons; in the winter and spring, celery, cabbage, kale, lettuce, endive, chicory, turnips, old beats, carrots, parsnips, onions, spinach, and artichokes, and such fruits as bananas, dates, figs, prunes, oranges, grapefruit, apples, winter pears, and cranberries. The variety is equal, but our lack of thought and a wish for easy housekeeping have led us to use tinned summer vegetables in winter. Then if we use the same meats the year round our table grows monotonous, appetite lags, and then we resort to tonics—and have headaches.

One fact stands out prominently—the perfectly well are to be found chiefly among those who lead an active life, eat moderately of good, attractive, wholesome foods, spend a good part of their time in the open air, sleep in well ventilated rooms, and use water freely inside and outside.

As we grow older more care must be taken in the amount and selection of food, even if we are perfectly well. The lighter meats, such as lamb and poultry, may well take the place of beef.

IT WOULD BE BETTER

to cut down the meat to twice a week. Make it a luxury rather than a daily routine. Substitute at first such animal foods as eggs and milk; then change to nut foods and the legumes, using meats in between, never at the same meal. And do not forget the green succulent vegetables and fruits. Change your habits slowly. Use common sense in all matters pertaining to health. Fads of all sorts come and go. The "raw food" fad is following the exclusive meat and the cereal and fruit diet, and is giving its victims a hard and strenuous life. As each kind of food influences and provides its own gastric secretions it is quite easy for one to determine which foods are best adapted to certain conditions. A "fulness" after meals proves that too much food has been

eaten. A severe pain shows that the food is of the wrong sort, or it may have been bolted. Flatulency shows that one has taken too much sugar and starch, and perhaps too much liquid, in the form of warm drinks—tea and coffee. Do not eat stale or doubtful foods. Economy is a virtue. But it is not economy to save a few pence by getting stale meats or partly decayed vegetables.

In summing up, we find that most headaches are cured by regular habits, careful diet, composed chiefly of well made whole wheat bread, raw fresh fruits, succulent vegetables, and a little lean meat, or eggs, or milk, all being well masticated, and a goodly quantity of cool water, taken at the close of the meal, or between meals.

Do not eat the same foods every day, but change constantly to keep up the appetite and strengthen digestion.

THE VALUE OF APPLES.

We have repeatedly written about the value of raw apples, stewed apples, baked apples—apples in every way, manner and form. We have said these things so many times that it may become tiresome to some of our readers to read anything more about the apple, but we expect every now and then to have something to say about this most healthful fruit.

The apple, perhaps, is not so valuable on account of its nourishing qualities, but it certainly cannot be surpassed as a tonic and stimulant to digestion, and as a refreshment. The apple contains sugar, albuminous substance and acids. The sugar of the apple contributes to the force of the body, and also helps in the formation and accumulation of fat. The system requires acids, and from the apple we get a combination of acids that are very beneficial to the body. The albuminous part of the apple is the nourishing part. However, the apple contains but a small per cent. of albuminous substance. Another good quality of the apple is that it gives bulk to the food which is necessary to proper digestion.

Some people cannot digest a raw apple; in such cases the apple should be cooked, as cooking renders apples very easy of digestion. Between meals, if a person feels the need of food or refreshment, there is nothing better than a ripe juicy apple. The apple is a tonic, an appetizer, a stimulant to the digestive organs. Chronic constipation can often be overcome by eating an apple every night, half an hour before retiring.

If people would get into the habit of eating apples daily, eating them at least one meal every day, they would find themselves improving in health and general feeling. The apple acts as a cleanser of the system and a nourishment for the brain.

Who'd be a Referee?

The Troubles and Trials of that Much-Maligned Official.

THE ordinary follower of the game of Association football considers, no doubt, that a referee has a good time of it. He does not pay, but actually receives payment, for going to a match. He is the only man on any football ground where he is officiating who can do practically what he pleases. He has nice long trips into various parts of the country, and can spend free week-ends away from the smoke of the city. He is paid obeisance to alike by the most popular idol of the playing-field and the most portly and heavily-ringed director of a club. He makes comfortable additions to his ordinary salary and has an increasing circle of friends, and gets his name in the papers, and all the publicity that an ambitious man's heart might ache for.

But, writes Mr. W. Pickford in *Answers*, is there another side to the picture? There is. "The trials of a referee?" I think I hear some case-hardened spectator say. "I'd like to give him a trial at the end of a horsewhip." And in that sentence we have, I regret to say it, the attitude of a vast section of the enthusiasts who flock to watch the games. Partisanship is a powerful factor in football, and whichever way a referee decides he is bound to displease somebody.

THE PHILOSOPHICAL VIEW.

Not all players take the complacent view of that once eminent international, J. W. Crabtree, who declared that referees' decisions never bothered him, as in the long run they were equalised.

As for the followers of a club—that fervent, howling band of devotees which see nothing of the fine points of anyone's play but its own side's—they make a referees' work ten times more troublesome than it need be.

A referee is but a man in a man's sense of failure or error; and when great consequences hinge on a delicate appreciation of a player's position in regard to "off-side," or a foul, they are apt to be saddled with a feeling of after-doubt that troubles them years afterwards.

When Manchester City beat Bolton Wanderers in the Cup final of 1904 by one goal to nothing, the referee had to say yes or no as to whether Meredith, who scored the goal, was offside or not. The thought that he might have been in error cannot fail to occur to him to-day.

And there are in a certain Southern town zealots of a club which lost the Cup semi-final at the Crystal Palace, owing to a referee permitting play to continue during a blinding snowstorm, who to this day will not hear reason or argument, but blindly abuse that referee still.

"SAVE ME! SAVE ME!!"

Mentally, a referee's trials are often severe. Though referee mobbing is infrequent, it is always possible. Referees have been hit with stones, blinded with cinders, and covered with mud. They have had to be conveyed secretly from grounds, and on one occasion I formed one of a small party who held the door of a wooden shed on a lonely country ground while an angy crowd raged round anxious to tear the referee out and trample on him. He only got away at dusk by running across some fields and wading through a stream, to take the train at a station some five miles distant.

As regards comfort, it is only in the few better class enclosures that a referee has any convenience. In the best matches he has a private room, a fire, hot water, soap, towels, and a bath, and is waited on hand and foot; but for the most part he has to rough it. A corner of a cow-shed, or a stuffy room in a "public," are his dressing-places, or he has none at all. If he changes in company with the players he is exposed to asides and uncomplimentary remarks. The bulk of referees are compelled to trudge to a match ready attired, to be exposed to the elements for nearly two hours, and to find their way home in the dark, wet through and shivering.

Yes, a referee has many trials and troubles. One was, some years ago, thrown into the cold stream of the River Derwent after a match by a crowd of "lady enthusiasts" of a Derbyshire village. Another was hit on the head by a cripple with his crutch for disallowing a goal scored by the cripple's brother.

Those long railway journeys, how tedious they are! The players travel in a merry party, and pass the time in games. But the referee, perforce alone and isolated, journeying in the depth of winter, leads a lonely life; and on his return he reaches home in the dead of night, tired and weary.

COLD SHOULDER FOR HOT WORK.

Though club officials have to beware of openly insulting a referee who has not pleased them, there are many ways of showing their annoyance, as by their taciturn attitude, their cold looks, and the way in which his fee and expenses are told down in sixpences or coppers. Sometimes he has to wait for his money. One referee received his payment with 10s. deducted "for two goals you robbed us of."

He is required to keep order and to send off the field players who misconduct themselves. Be sure that it requires no little courage to do this in the face of an excited multitude. And it is a thankless duty. No referee likes it. But it has to be done. Moreover, the clubs don't like it. Certainly it is unfair on their part, but they have a little way sometimes of boycotting a referee who fails to satisfy them. And once a referee gets in the bad books of men who are not always the best and most just judges, he may add to his troubles the eating out of his heart in obscurity without knowing who his enemies are or what he has done wrong.

COWARDLY ATTACKS.

And lastly, he is the butt of any facetious or hypercritical newspaper reporter, who, having but rarely the referee's training, experience, or knowledge, chooses to disagree with his rulings. Thoughtless and inconsiderate criticism in this way has much to answer for. It upsets the players, inflames the spectators, and all to little good purpose. The wonder is that there are so many crowding the long lists of registered referees. Some 5000 are officially examined and certificated, and when one considers it all calmly the puzzle is, "Why do men referee?"

The warmth of clothing is dependent to a certain extent upon its colour.

ASKED AND ANSWERED.

At the request of a large number of readers, the Editor has decided to renew this feature of the magazine. All questions will be answered as soon as possible. but readers must remember that, owing to exigencies of printing, an immediate reply cannot always be assured.—THE EDITOR.

Blackheads.

A. (RUGBY) writes as follows: "I have been troubled for some years with blackheads upon my nose. I have removed them by squeezing them out until the pores of the skin are so much opened as to be disfiguring. Would the massage roller be of any benefit? If so, how long should it be used, and in what manner?"

Answer.—The comedons, or blackheads, are merely a symptom of deficient elimination. The first point in their treatment should be to exercise care in the diet and to pay attention to the excretions. The skin should be kept in good order by regular bathing, and occasional vapour baths, and regular daily exercises with Dumbbells or Developer carried out.

White Spots on the Skin.

INQUIRER asks: "What is the cause of and remedy for small white spots underneath the skin of the face? These spots seem hard particles not easily removed. What causes small particles of yellow, offensive matter to collect in the throat when a person is not troubled with catarrh?"

Answer.—The cause of the spots described is some obscure derangement of metabolism, or tissue change. The treatment should be general and local. In general attention to the health, be careful not to over-eat, get abundance of water (a quart daily). Exercise freely out of doors, breathe freely and deeply, avoid condiments, pastries, tea, coffee, alcoholic drinks, tobacco and mental inquietude. The yellowish, offensive secretions from the throat are merely bits of epithelium in the lining tissue of the throat. Like the white spots on the face they indicate a lowered tone of the general health.

Reduction of Weight.

B. W. (MANCHESTER) asks the best way to reduce his weight.

Answer.—Diet and exercise will reduce your weight if you persist. Do you exercise until you perspire profusely? And do you abstain from all sweets, cereals, starchy vegetables, butter, cheese, milk, and chocolate, also pork, veal, salmon, and rich soups? In general, avoid fatty, starchy and sweet foods. Don't be discouraged. You will succeed unless there is some serious reason for your stoutness.

CLUBS AND SOCIETIES.

Buck Up, Bacup.

AN old club with a new name is the Ideal Physical Culture Club, of Bacup. The clubroom is situated in Princess Street, off Burnley Road, Bacup, and new members will be welcomed. The terms of membership are 2s per quarter or 7s. per annum. All letters should be addressed to Mr. G. H. Ashworth, Meadows Farm, Bacup.

In the "North Countree."

SIR SAMUEL SADLER presided over a gymnastic exhibition recently given at Middlesbrough by the members of the Amateur Gymnastic Club. The programme submitted was an exceedingly enjoyabe one, and the various feats of strength and skill were much appreciated. The humorous element too, was not forgotten, and the exhibition of blindfold boxing given by Messrs. R. Schofield and B. Embleton was irresistibly funny, creating roars of laughter. The other items were: Heavy dumb-bell drill (gentlemen); single stick combat (Messrs. R. Pattinson and A. Nelson, C. Burton and W. Tuck); rope climbing (ladies, girls, gents, and boys); club swinging (girls); chair jumping and balancing (Messrs. C. Burton and J. W. Horner); Sandow march and exercises (ladies); rings (Messrs. W. Tuck, B. Embleton, H. Featonby, W. Edwards, E. Wilson); light dumb-bell exercises (boys); parallel bars (tableaux and exercises by ladies, girls, gents, and boys); quarter-staff combat (Messrs. R. Pattinson and A. Nelson); horizontal bar (Messrs. W. Tuck, T. Whitehead, E. Wilson, H. Featonby, J. Horner, and E. Forshaw); boxing (Messrs. R. Pattinson and A. Nelson, Brignall and Wood, Wilson and Featonby); foils (salute by girls); foils combat (Messrs. Derwent and Arrowsmith); vaulting horse (ladies and gents). Miss J. Anderson and Mr. R. S. Brignall were efficient accompanists, and the musical selections rendered during the evening by Simmonette's Military Orchestra were excellent.

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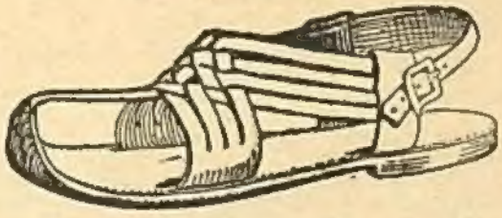

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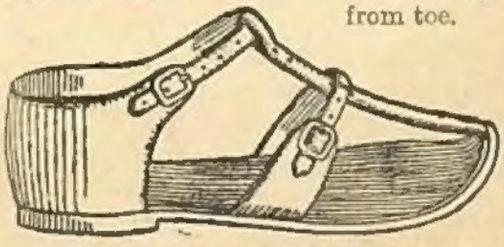

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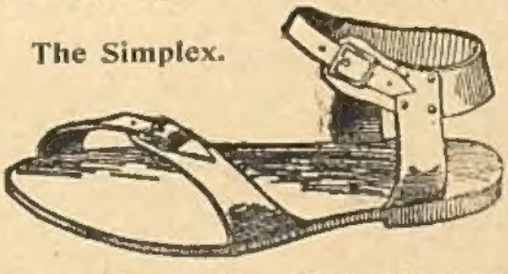

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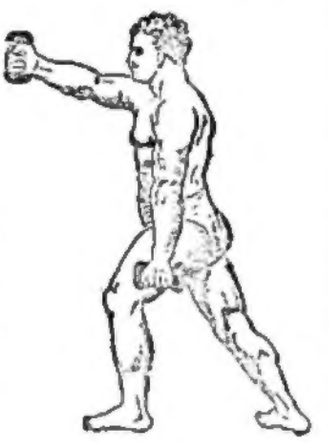

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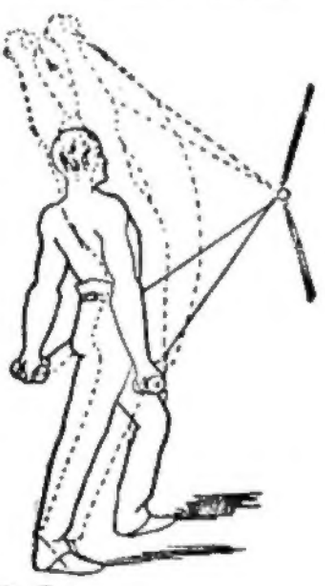

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